FHM

FEBRUARY 2014 www.fhm.com.ph

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THE NO. 1 MAGAZINE IN THE PHILIPPINES

OVER THE TOP ISSUE!

- WE CLIMBED MT. PULAG
- WE GOT RID OF AN ARMY OF BACON BRIEFS
- WE BEAT THE HEARTBLEED BUG WITH THE PERFECT PASSWORD: KU1ANGOT$MON9_#GR33N@BR0\\/N

RAFFY TULFO HAS THE LAST WORD

...AND YOU WON'T LIKE IT

ARE YOU THE NEW GENTLEMAN?

OUR STUDIES SHOW YOU'RE CHANGING– FOR THE BETTER!

Chloe Dauden

ALL WET FOR YOU

Splash!

- INDULGE YOUR VICES RIGHT
- BOOST YOUR HAPPY
- DRIVE THE NEW HONDA ACCORD

PORN SEX VS REAL SEX

HOW ONE ALWAYS *NEVER* MEASURES UP TO THE OTHER

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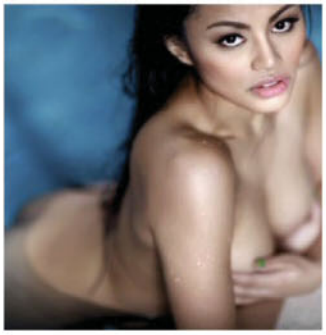

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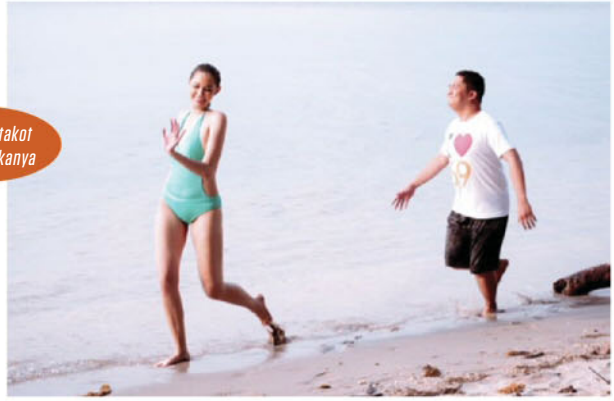
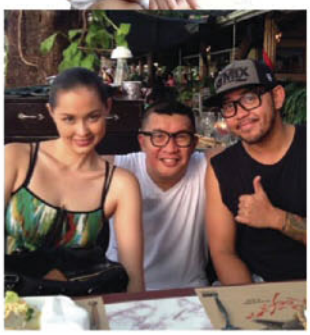
THE TEAM: WHAT FHMers HAVE BEEN UP TO THIS MONTH

Associate art director JL chased May covergirl Chloe Dauden down the beach. That rapey face is his trademark.





Got VIVA darling Chloe Dauden to dance with some sunbeams together with lensman Xander Angeles 2.0. *Payat mo na*, bro!

Chief enjoyed Pacman's latest win with his newfound friend Atty. Karen Jimeno at the Lexus private screening.

Thanks to the Honda Pilot, Toyota Innova, and Peugeot 3008 for providing the sweet wheels for our annual team planning!

The summit of Mt. Pulag is literally the highest Section Editor Anton and FHM.com.ph Associate Section Editor Gelo have ever been sans recreational drugs. Don't panic, it's organic!

"Tale as old as time...true as it can be...barely even friends... then somebody bends... unexpectedly..." Get it?

While in Warsaw, Poland, EA Pong expressed her love for long...hard...missile launchers. But she left her heart in the PH.

The whales at Ocean Adventure in Subic fought for their supper. LOL. Peace, BA and Adel. We *labyu*! :p

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FAN BOY MOMENT: EPIC!

So not regretting how I giddily and awkwardly requested for a photo op with her in Katipunan last year before her first movie was even released. Now @petrashley is an *FHM* cover girl! Thank you @fhmphilofficial for making my birth month extra special!
Ian, via Instagram

EH KASI MAHALIMUYAK!

Thank you very much for featuring Ashley Rivera and for this autograph signing. You are the best! *Ang malas lang kasi huling-huli naman itong* bouncer *sa likod, mukhang nagda-dial yata ng* nose, he he!
FHMKing Adrian, by email

WELL-READ MISTER

I'm a BSEd Major in English student at Pampanga Colleges in Macabebe, Pampanga. I'm also your No. 1 fan. I started collecting *FHM* in January 2013. Your March issue is definitely the best issue ever. Marian Rivera is the bomb! I also like the "The Gospel according to Michael V." and the funny Asiong Salonga articles. Your feature on Wendy Tabusalla also gave me the chills; she has been my crush since her *PBB* days. I'm very happy I got this monumental masterpiece made by your team. Also, thanks for making Ashley Rivera your April cover girl. You rocked again with that choice, *FHM*!
Jay El Cortez, Pampanga

BETTER LATE THAN NEVER!

I've been an avid fan of your magazine since high school, but it is only now that I had my copy of the magazine autographed, not only by one of your babes, but also by *FHM* Queen Marian Rivera. Thank you and more power. Indeed the best issue ever!
Dino Petonio, via Facebook Fan Page

ONE FOR THE BOOKS

Gusto ko sanang i-share sa inyo yung pictures *ko sa* MIAS 2014. *Nakita ko kasi sa* FHM.com.ph *yung mga models na naroroon. Lalo akong na-excite nang malaman kong naroon sina* Kristine Santamena *at* Alyzza Agustin. *Pagdating ko, pinapirmahan ko ang FHM ko at nagpa-picture ako sa kanilang dalawa. Sobra akong nag-enjoy sa* MIAS 2014, *lalo na siyempre dahil sa kanila.*
Jason, by email

COLLECTOR'S PRIDE

Happy 14th Anniversary to you guys! Good thing my friend Ivan Badiola has already returned some of my *FHM* copies, which makes this grand photo op possible. I hold in my right hand the first-ever issue of your mag, with the beautiful Alicia Silverstone on the cover. Opposite it is, of course, the best issue ever! Long live, *FHM*! May God bless all of you.
Hendrick, by email

APRUB!

Happy 14th anniversary, *FHM*! *Ito nga pala yung nagawa kong* collage from your March 2014 issue. What can you say about my work?
Rodulfo Paglomutan Jr., via Facebook Fan Page

YOU PLAYED IT RIGHT, BRO!

My cousins were amazed to see my letter in *FHM* recently. They asked how I did it. But instead of letting them in on a secret, I asked them to pose with me and my growing *FHM* collection. The catch? If this photo gets published in an upcoming issue, they'll have to start their own *FHM* collection themselves. I think they should start saving for it now.
Mark, by email

Nice ploy to get published again, young fella. Do you know you won't get lucky the third time around?

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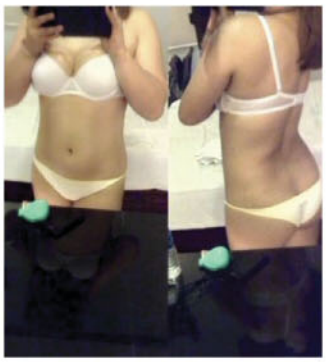
KEEP THE JUICES COMING

When I was 11 or so, I joked to my friends that someday I'll be an *FHM* cover girl. When I turned 20, I got interested in erotic photography. I hope you can post one of my self-portraits, passable and artsy selfies I call them. Also, I dig Marian's beauty a lot, especially when shot by the great Mark Nicdao, so I was more than happy to see her grace your pages again. They (Marian and Mark) and you guys arouse my creative juices to the point of squirting and, for that, I thank you very much. Happy anniversary!
MC Lnzn, by email

TOGAS OFF, MISTER!

I would like to congratulate all the Batch 2014 graduates, especially my husband Jefferson Baltazar. I admire him for always putting his heart in everything he does. I know balancing his time between his studies and our business was a hard thing to do. All his efforts have finally paid off. I'm so proud of you, Lakay! I love you always, my Superman!
Proudwifetimmy, by email



LET'S DO IT!

I found these very yummy pictures of my fiancée in our room. I had no idea she took these with my tablet. I think these deserve a space in *FHM*. Also I would like everyone to know that the girl I love the most is not only hot, but also loving and very supportive. We're celebrating her birthday and our 5th Anniversary in May. Let's surprise her, shall we? We've been huge fans of your magazine for a long time now. It'd be an honor to be part of it somehow.
PLJB, by email

SWEET COMPROMISE

We just celebrated a year and a half of being together. I'm more than delighted to call her mine. She might have felt a little awkward when she'd first found out about my *FHM* collection, but eventually, she warmed up to your magazine. She's always had self-esteem issues, and I think this is one of the many ways I can reassure her that she's beautiful inside and out—and sexy, too! I love you Kimberly! Thanks to Batang Gapo for this photo.
Mark Joel Q. Morales, by email

MAY THE SEXIEST WIN

I presume that this year's 100 Sexiest Women in the World campaign will be the best-est ever! Just look at Marian Rivera's super sexy March 2014. But truth be told, I will be happy whoever will win this year's top award. These are my campaign photos for my favorite *FHM* girls. I hope the fans will vote for them!
Franz, by email

BEST SELFIES EVER?!!?

Definitely, maybe

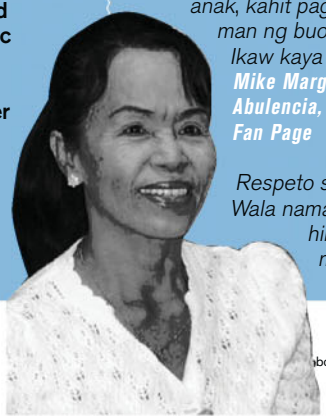
Marian is such an icon. These pictures are proof of how much I love her, ha ha ha!
John Dave, by email

It took me more than a week to buy your March issue. It's so rewarding to finally have a copy that I took a selfie with it. Heart Evangelista next, please!
Arvin, by email

Ngayon lang ako nagkalakas ng loob mag-selfie. Pero naisip ko, "Sige, pakapalan na ng mukha. Basta para kay idol."
Ryan, by email

PAMBANSANG INAY!

Mommy Dionisia worked her scene-stealing magic during the Pacquiao-Bradley II bout to effectively counteract her son's foe's irritating ring antics. For that sheer display of motherly love, we unanimously declare Mommy D. as this year's top mom!



All I can see is a mother's unconditional love for her son! *Yan ang nanay... gagawin ang lahat para masuportahan ang anak, kahit pagtawanan man ng buong mundo! Ikaw kaya mo yun?*
Mike Margallo Abulencia, via Facebook Fan Page

Respeto sa nanay! Wala namang ibang hiling ang magulang kung di ang maipagmalaki ang kanyang mga anak. Kaya ganun na lang ka-proud si Mommy D. *kay* Manny *dahil siya ang nag-angat sa kanilang buhay!*
Mark Raymond, via Facebook Fan Page

Mommy Dionisia, no matter what spirit entered your body, no matter what your fingers did, no matter what people say about your face, no matter what people say about the way you dress, no matter what they say about how you express yourself, you are still the mother of a champion and the flag bearer of a nation. Hail, Mommy Dionesia!
Mel Delos Santos, via Facebook Fan Page

Go Mommy D! Thank you for giving us one of the best boxers of all time! Without you, *walang* Manny P!
Wilson Ch-Ong Bak, via Facebook Fan Page

Mommy D, *ikaw na! Ikaw na ang pambansang nanay.* Peace Mommy D.
Juan Dela Cruz, via Facebook Fan Page

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STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

CATCH ME IF YOU CAN

First of all, we try to unravel the enigma that is Katya Manuel

PHOTOGRAPHY: **EJAY LEUNG OF MIDNIGHT BONKERS**
INTERVIEW: **MICH LAGDAMEO**

STYLING: **DEBRA BERNALES**
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SPECIAL THANKS TO REY LOPEZ AND TESS CALDERON
SWIMSUITS FROM STOKED INC., RIP CURL, AND CESA; COVER-UPS FROM CESA

Enigma is not a word we use lightly around here. We even had to double check the dictionary to make sure we knew what it meant. But there's no denying the fact that it's the only way we can describe the gorgeous Katya Manuel.

Enigmatic—how, you ask? Well, how can you explain a woman vivacious and sexy enough to model in car shows, but chooses to be an exhibitor instead? A street-smart lady who can drive (her very drool-worthy) cars with aplomb, but avoids parties and clubs like the plague?

Katya certainly has a way of piquing our interest—and she raises the stakes even higher with her matter-of-fact declaration: "I like a guy who is responsible and *mabait. Meron pa bang ganun*?" While we like a good enigma, we love a good challenge.

HONK!

FYI

Name: Katya Manuel
I love going to the spa!
You'll be surprised to know that I'm pretty shy
In the summer, I like to stay indoors! I don't like tanning.
I love my cars. I even named them!
You probably won't find me partying at night. I like to stay at home and watch movies

First off, we can't help noticing your skin. *Sobrang puti mo*. We're guessing you're not a fan of tanning?
I'm not a fan of tanning. *Di ba parang mas magandang tingnan sa* girl *yung maputi*? *Mahilig akong magpaputi*, *sa* body scrubs, stuff like that.

And yet for your first-ever *FHM* appearance we made you soak up the sun. How did you feel going into it?
Sobrang kinabahan and excited! *Nung una ayaw ko pa sana kasi* feeling *ko sobrang* sexy *ng FHM* models. *Pero eto, na-try ko na*! Ha ha! *Wala pa kasi talaga akong experience*. My only *FHM*-related experience was when I walked the ramp for the 100 Sexiest Victory party back in 2010.

But you look familiar—maybe we've seen you in car shows?
Oo, but not as a model. *Yung* cars *ko pinapasok ko sa* show. *Mahiyain talaga ako eh. Nauna pa yung kotse kong mag-model kaysa sa akin*! Ha ha! *Mahilig kasi talaga ako sa* cars. I have two.

Wow, tell us about them.
My first car is named Yo, and the second is named Kat-Kat. Yo is a Honda FD sports car, and the other one is a 2013 Chevrolet sports car. *Mahilig kasi akong manood ng Fast and the Furious*. I liked the girls in the movies. *So niregalo sa akin ng* mom *ko yung* cars.

You have a pretty generous mom. Are you a responsible car owner?
They're automatic *naman*, so I can drive them. *Nai-impress yung mga* boys *sa kanila, lalo na pag nagpapa-set up ako. Pero pag sira na hindi na ako marunong kung pano ayusin*. Ha ha! And before you ask—yes, *may pagkakaskasera ako*. I like overtaking; *medyo mainitin ulo ko sa daan*. Ha ha!

You must be fun to go on road trips with. Speaking of which, surely they're lined up in your list of summer activities?
Actually, I'm a homebody. I like staying at home and watching movies, *minsan*, shopping. I like to swim, *pero* in private pools. *Nahihiya ako pag maraming tao. Minsan gusto ko ako lang mag-isa*.

So the party scene isn't exactly your thing?
Di talaga ako gumigimik eh. KJ *talaga ako sa ganyan*! I'd rather go to a spa. *Dun ko niyayaya ang* friends *ko. Hindi ako mahilig sa inom o yosi—kung magyayaya man ako ng inuman* I'll do it in my house. *Takot ako sa gulo, ayaw ko sa ingay at sa sobrang mausok*.

You sound like a straight arrow—so we're guessing that's the type of guy you're into, as well?
I like a guy who is responsible and *mabait. Yung hindi nananakit o di nanloloko—meron pa bang ganun*? *Parang wala na*. Ha ha! Single *ako ngayon* and I'm not really looking. But how can you catch my eye? Well, *mahilig ako sa* color pink, and my car is pink. *So naa-attract ako sa* guys wearing pink. Ha ha! **FHM**

For more of Katya, visit **FHM.com.ph**

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ASC Ref. No.: R028N040814L

HOW TO

DO YOUR VICES RIGHT

If you can't quit the bad stuff anyway, at least look really good while you're at them

WORDS: MARI TIANGCO
ILLUSTRATIONS: SONNY RAMIREZ

SMOKE CIGARETTES LIKE A DON

1 Sit back, relax, and take out your pack of smokes. Don't forget the ceremonial tap before unwrapping. If you don't already know, tapping helps pack the tobacco in—so that the cherry will burn longer (and better) and the sticks won't break easily.

▶ Tapping tip: Take a good grip of the pack (don't crush it), wrap the top of the pack against your palm or a hard tabletop. Repeat 5 to 8 times. You can also opt to tap the sticks individually.

2 Light up. Shove the cigarette into your pie hole; close in to form an airtight seal. When using a lighter, bring the tip of the cigarette to the blue flame which is the hottest part. Make one or two puffs to completely light up your cig. Pull away from the flame when the cherry is burning red hot.

▶ When using a match to light up, wait a few seconds for the sulfur to burn before drawing in. They say hell smells like sulfur–suck in right away for a taste of the infernal.

3 Puff away. Try holding the smoke in your mouth for a few seconds before inhaling. This cools the smoke that passes through your throat and prevents burning. Other smokers prefer inhaling instantly so they don't get an unpleasant stale flavor. Smoke that has properly circulated the lungs comes out cloudy. Again, it is important to relax; it's just like normal breathing—except that you're happily taking in the worst kind of air.

▶ Position your tongue as nearly touching the filter so you can experience "tasting" the tobacco.

4 Get the rush. The best thing about occasional smoking is getting a nicotine rush, the "stoned" sensation that only comes when you smoke for the first time after not having it for a few days.

▶ Induce the elusive rush by drawing in the smoke deeply, holding it for a few seconds and breathing out until there's no more smoke left in your lungs. The key to having it is smoking less.

5 Stop puffing when you have reached ¼ above the filter line.

DRINK ALCOHOL LIKE A CHAMP

1 Check your pacing. Timing is essential. Know how many bottles/glasses/shots it will take for you to get unsteady, and then move on to the number that would make you pass out already.

▶ Check the ABV (alcohol by volume). Slow beer-sipping is guaranteed to make you last longer than going from one shot of tequila to another.

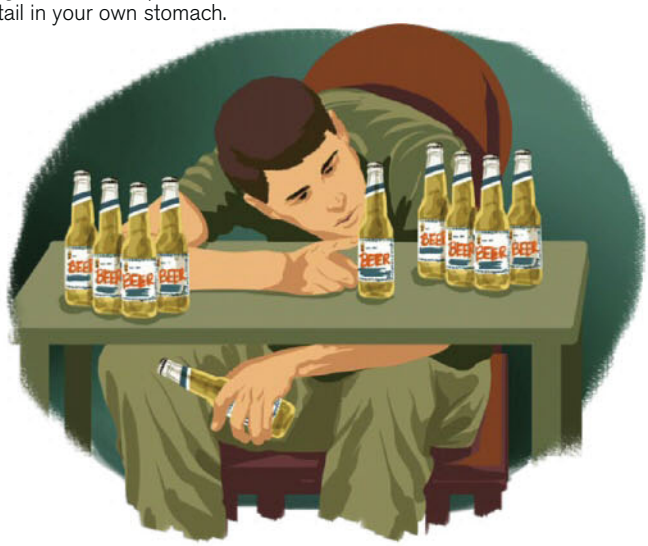
2 Choose your poison. Limit yourself to one type of drink when drinking socially to not ruin your pacing. Do not attempt to make a cocktail in your own stomach.

3 Eat up. It is a well-established fact that having a full stomach makes for a sober drinker.

▶ Not fish and chips but a full meal or a supersized cheeseburger–a stomach that's busy digesting won't give a damn about alcohol absorption.

4 Hydrate. Sneak in one glass of water per drink so you can stay hydrated = sober.

5 Practice still makes perfect. Only seasoned drinkers have the right to drink more.



GO ON A GUILT-FREE PORN MARATHON

1 Dress appropriately. Or maybe don't put on anything at all.

▶ Dressing tip: BOXERS > BRIEFS.

2 Check your (audiovisual) setup. Monitor, check. Speakers set to low volume (mute or earphones can be options), check. Who wants to be disturbed by some technical issues along the way?

▶ Up the excitement by watching on a small screen. We also don't know why, but it's better.

3 Get rid of distractions. Your pet fish, an open window or door, your mobile phone—keep them all out of the way.

4 Choose your position. Simply sitting is a popular option especially when you're doing it in the bathroom or anywhere else, with the laptop propped on your knees or on a table.

▶ The best porn-watching position also translates to the best position when buffing your banana.

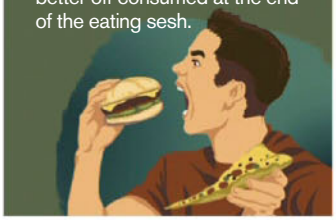
BE THE MASTER GLUTTON

1 Exercise. Competitive eater Joey "Crazy Legs" Conti, who is a top ranked Pro Eater at the International Federation of Competitive Eating, recommends the "cardio before carbs" method. Sweating it out at the gym also makes your thinking sharper—if you'll ever need to contemplate while eating.

2 Keep away from liquids. Minimal liquid intake is essential to leave more space in your stomach for food.

3 Make use of the lazy Susan. Don't just stick to one type of food to avoid flavor fatigue. Move from one food group to another.

4 In a buffet, try moving from lean to fatty. Carbo-loaded, protein-rich and fatty foods that take longer to digest are better off consumed at the end of the eating sesh.



BET LIKE A MANIAC

1 Consider Lottery Mathematics. There is such a thing as calculating your chances of winning the lottery. If you have time thinking about numbers, then you have time to study them.

2 Keep your numbers. Do not discard birthdays, anniversaries, or numbers that have special meaning to you.

3 Be picky with the lucky figures. Patterns are not reliable. Overlooked numbers such as those at the edge of the ticket are better used compared to "lucky ones" such as those with 2s and 4s.

4 Commit. Even if you don't win the jackpot, the chance of breaking even is high if you've been betting for a really long time.

▶ A Superlotto 6/49 ticket costs only P20; match 6 or any 3, 4 or 5 numbers of the winning 6-number group and you get back your P20.

KEEP UP ALL NIGHT WITHOUT LOOKING LIKE A ZOMBIE

1 Pace caffeine. Caffeine takes about 24 hours to completely leave the system. Have most of your cups in the afternoon to maximize its strength when nighttime falls.

2 Stuff yourself. Foodstuff loaded with carbs, proteins and fat will help keep your blood up and running via digestion.

3 Daylight Zzzs. To keep you from passing out, catch what little sleep you want during the day.

4 Think scary thoughts. Ghastly images embedded in your mind may help deprive your system of sleep.

5 Follow through. Have more sleepless nights and easily get addicted to it.

▶ Lack of sleep shoots dopamine into your neurons to keep you up and about.

PLAY VIDEO GAMES WITHOUT ABANDON

1 Stick to a schedule. Allot an hour or two a day for gaming especially if you're trying out a new game. Playing for hours on end is best left to schoolboys and anti-social people.

2 Challenge yourself. Perfect single player games before moving on to multiplayer.

3 Push the right buttons. Know your controls whether it's the keyboard and mouse combo or the joystick.

4 Play hard, study harder. Search for skilled gamer videos on YouTube and adapt their techniques.

5 Repeat. Skills are better learned if you repeat a level more than five or even 10 times in a row.

▶ Choose a game that enhances the Gamer Senses. This includes reflexive ability, self-control, timing, and more.

6 Limit your circle to gamers only. Shut out annoying non-gamers who are equally annoyed about your gaming addiction. Or maybe you can make it an official mental disorder by isolating yourself.

7 Push yourself to the limit. Try and join a gaming tournament for you to officially become a gaming master.

BE A WIZARD OF ODDS

1 Start small. Minimal betting is always the best start even for old-time gamers.

▶ Gambling tip: Play only with money that you don't mind losing.

2 Develop a winning strategy. Study your game of choice. Watch how others play, do game research and then polish your own method. Practice your arithmetic skills.

3 Don't play high-risk games. We all know that the odds are always in favor of the house but there are a few games that are of higher odds compared to the more popular Blackjack. Avoid Roulette, Keno, Red Dog, and Big Six Wheel.

4 Shy away from the ATM. Avoid overextending.

5 Don't be greedy. Know when to stop. You know you're a few bets away from being a mad casino junkie when you lose everything—principal bankroll, winnings and all. It's always better to make a run for the exit on your first victory.

TOGETHER IN ELECTRIC DREAMS

Sometime in the future, the world will run out of oil—but we wouldn't let that hamper our mobility, would we? Have no fear, electric vehicles are here!

1,000,000

The projected number of electric vehicles the Electric Vehicle Association of the Philippines hopes to have on our roads by 2020

100,000

The number of conventional tricycles the Asian Development Bank (ADB), together with the Department of Energy, hopes to replace with electric-powered ones all over the country by 2017

$300 MILLION

The amount the ADB will provide to replace these gas-powered tricycles with electric ones

$100 MILLION / YEAR

The amount saved in fuel imports once the gas-powered tricycles are replaced with electric ones

56

Current number of active members of the Electric Vehicle Association of the Philippines

260,000 TONS CO^2

The amount of carbon dioxide emissions that will be reduced annually, again with the replacement of gas-powered trikes with electric ones

₱9 MILLION

How much it reportedly cost Meralco chairman Manny Pangilinan to legally import an all-electric Tesla Model S from the US

eJeepney Transport Corporation

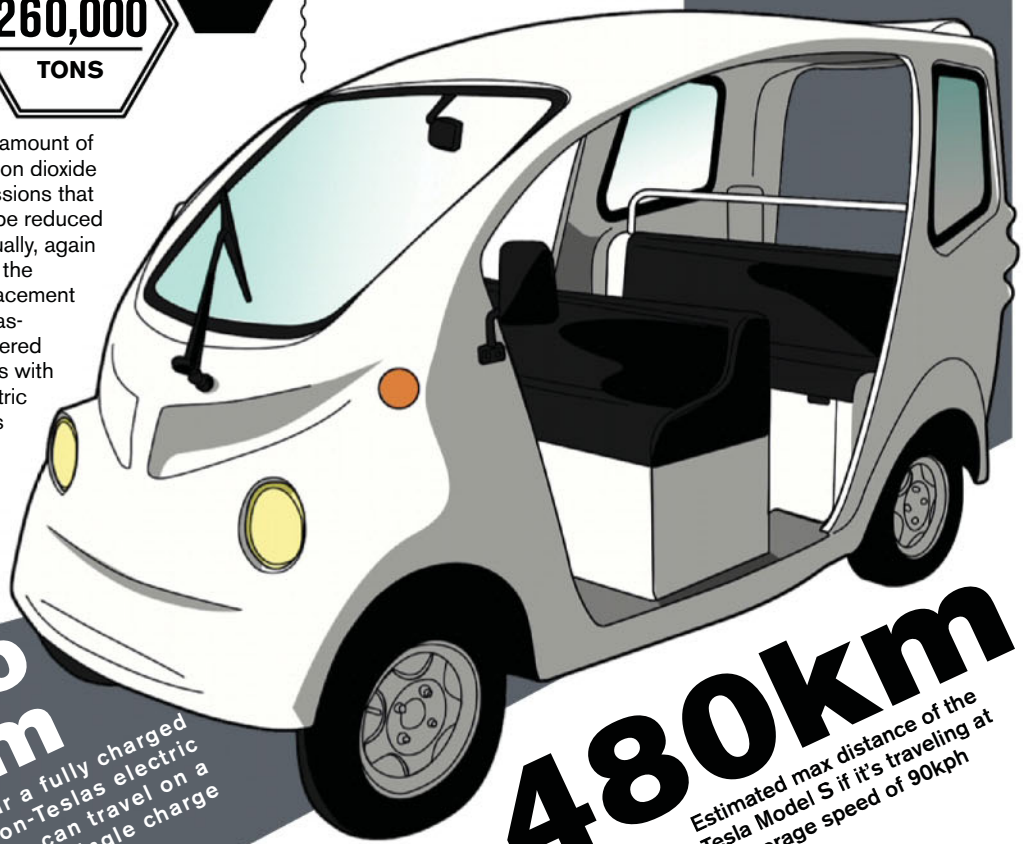
The first-ever electric-jeepney franchise holder approved by the Land Transportation Franchising and Regulatory Board

500 UNITS

Estimated number of electric vehicles currently on the road in the Philippines according to the Department of Energy

3.5 to 8 HOURS

How long it takes to charge an electric car



60 to 322km

How far a fully charged non-Teslas electric vehicle can travel on a single charge

480km

Estimated max distance of the Tesla Model S if it's traveling at an average speed of 90kph

WORDS: PATRICK TADEO; ILLUSTRATION: JOHN LAURENCE PATULAN

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Power TO THE PEOPLE

An eight-step guide to making the most of Labor Day weekend—for those who worked hard enough to deserve it!

01
FINALLY GET IT ON WITH YOUR OFFICE CRUSH

Whether you're sweet on the new girl in the office or have the hots for a girl you met at a bar last weekend, summer time is the perfect excuse to get closer to that special lady you've been eyeing. Ask her out on a spontaneous beach trip out of town, or take her out for a nighttime (because it's too hot in the day) picnic at a local park. At the end of the day, it doesn't matter how elaborate your plan is—if you've got chemistry, it'll show.
Pro-tip: Take advantage of Makati's new rooftop bars and clink glasses as the sun goes down.

02
THROW A MASSIVE POOLSIDE BBQ PARTY FOR YOUR WORK PALS

Throw a rager of a BBQ party, and get things going just as the sun's about to go down. Invite your fellow stressed-out corporate slaves and make sure you've got all the fixings of an epic barbecue: meat (and plenty of it), cold brews (go for Katipunan Craft Ale), and at least one cocktail option (Micheladas, anyone?).
Pro-tip: The Michelada is a Mexican beer cocktail made with Mexican beer, lime juice, and hot sauce. Riff off this classic cocktail and substitute the ingredients with a local approach: Pale Pilsen, calamansi juice, and *siling labuyo* perhaps? You're the boss.

03
GET BACK AT YOUR HORRIBLE BOSSES

If you're stuck in a dead-end job, what better way to celebrate Labor Day than by sticking it to the man and saying *auf wiedersehen* to your 9-5? Go Jerry Maguire on their collective asses and start a revolution. After all, you're not getting any younger.
Pro-tip: Do your part to usher in the revolution in your own way. Even if that means anonymously exposing a corrupt politician or government employee on Reddit. Remember, the revolution will be live-tweeted.

04
LOSE YOUR MIND

Channel your own inner Alexander Supertramp and get lost.
Pro-tip: Take a trip to Kalinga in Northern Luzon. Bask in the other-worldly beauty of the terraces, live amongst the tribespeople, and, if you're keen, visit Whang Od, the last tribal tattoo artist of Kalinga, and get inked by the legend herself.

05
OR GET IT BACK

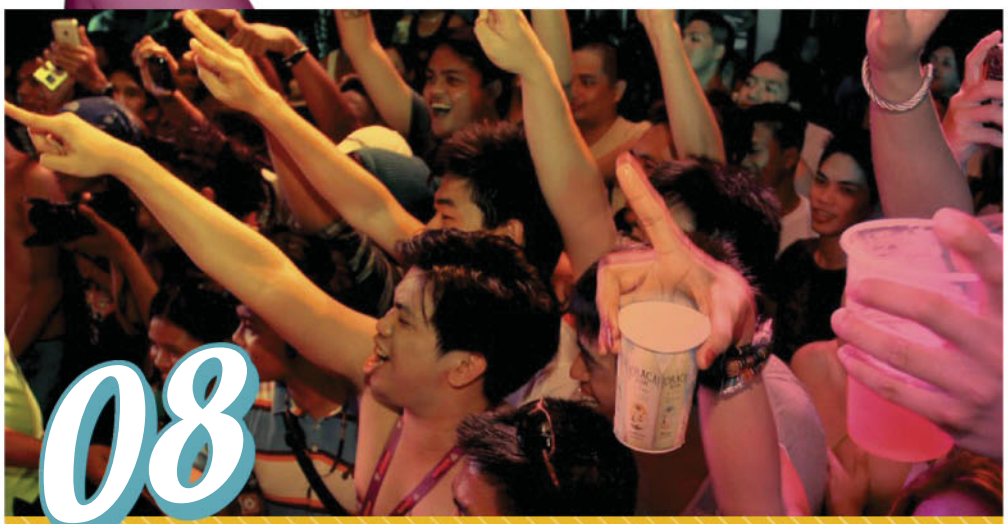
These days, meditation isn't just for new-age hippies anymore. It helps your immune system, decreases stress and anxiety, improves brain function, and helps creativity.
Pro-tip: Download the free app Headspace to help ease you into the world of meditation.

06
PLAY BALL WITH THE RANK-AND-FILE EMPLOYEES

You're not the only one who's been busting his ass at work. The guy you call kuya who makes sure all your shit doesn't get stolen when you go out for lunch, and the manong who cleans up after your filthy ass after you finish your sixth 7-11 siomai of the day, deserve some downtime too. Get to know the unsung heroes of the workplace with a friendly game of basketball, then go out for a beer afterwards.
Pro-tip: Prepare yourself for a hard *balyahan* game. Those messengers and guards are guaranteed to be 80 percent fitter than you.

07
GET MAD AS HELL

Head on over to Mendiola, Quiapo Church, or Liwasang Bonifacio to join thousands of others who are fed up with working conditions in the Philippines, and let your voice be heard. If you're not angry enough to brave the heat or crowds, take to Facebook and write a long and strongly worded tirade against oppressive labor laws.
Pro-tip: Raid the BIR and channel your inner Peter Finch (from the movie *Network*) and scream: "I'm mad as hell and I'm not going to take it anymore." Get your fellow burnt-out and angry office drones to join you for maximum effect.



08
BUMP AND GRIND!

The Labor Day weekend marks *FHM* and Tanduay's annual Boracay Grind summer shebang. Get to know the 2014 Tanduay calendar babes and party with bikini-top-clad new acquaintances in a two-day debauchery set for April 30 and May 1, in Sur and Obama Grill, respectively. Sure, your boss might give you a little side-eye when you show up for work looking like you passed out on the beach at noon, but don't worry–he's just jealous.
Pro-tip: Alcohol, of course, is free!

WORDS: CHIARA CUI

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BAR ROOM JOKES

Post-holy week laughter

ILLUSTRATION: BOISEI MALIGDEM

HONEST MISTAKE

A man is at the bar, blind drunk. Some of the customers decide to be good Samaritans and get him home. They pick him up off the floor and drag him out of the door. On the way to the car, he falls down three times. When they get to his house, they help him out of the car, and he falls down four more times. They ring the doorbell and a woman answers. "Here's your husband!" "Thanks," says the man's wife. "What did you do with his wheelchair?"
Claire Bichonggo, by email

HARD TO GET HARD

Pedro is walking down the street, when he notices that his Lolo Juan is sitting on the porch in a rocking chair, with nothing on from the waist down. "Lolo, what are you doing?" Pedro exclaims. The old man looks off in the distance and does not answer his grandson. "Lolo, what are you doing sitting out here with nothing on below the waist?" he asks again. The old man slyly looks at him and says, "Well, last week I sat out here with no shirt on, and I got a stiff neck. This was your grandma's idea!"
John Carlos, by email

BEING ON TOP IS STILL BETTER

Two friends die. One goes to Heaven and the other goes to Hell. The one that goes to Heaven begs the angel to let him visit his friend in Hell, and the angel agrees. He gets to Hell and sees his friend surrounded by beautiful women and alcohol everywhere. He says to his friend, "Wow, you were a son of a bitch when we were alive! Hell looks better than Heaven." So the friend in Hell says, "Pour yourself a glass of wine." The heavenly friend pours the wine, and notices that the glass has no bottom. The good friend looks at the bad one in confusion, and the bad friend says, "The glass has no bottom, and neither do the girls. Welcome to Hell."
Czerianne26, by email

ARMED AND RELIGIOUS

One night a lady came home from her weekly prayer meeting, found out she was being robbed, and shouted out, "Acts 2:38: 'Repent and be baptized and your sins will be forgiven.'" The robber quickly gave up and the lady rang the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two .38's!"
Jojo_gregorio, by email

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01

FILM

GROUNDHOG DAY...IN SPACE!

IN *EDGE OF TOMORROW*, TOM CRUISE MIRRORS HIS UNRELENTING FILM CAREER: TRYING TO SAVE THE WORLD OVER, AND OVER, AND OVER AGAIN

LEGEND *(1985)*

Name: Jack
Occupation: Sparkly, unicorn-riding forest child
Saved: Mankind, as well as fairies, goblins, and unicorns. Unicorns!
From: The Lord of Darkness, aptly portrayed by Dr. Frank-n-furter (and Pennywise the demon clown from *It*) himself, Tim Curry.

TOP GUN *(1986)*

Name: Pete Mitchell, aka Maverick
Occupation: US Naval Aviator Lieutenant
Saved: 'Murica!
From: Though never explicitly stated who The Enemy was, the fighter jets Maverick and co. took down were Russian MiGs. It was the '80s, after all.

WAR OF THE WORLDS *(2005)*

Name: Ray Ferrier
Occupation: Lowly dock worker
Saved: The planet
From: Alien tripods bent on destroying Earth

EDGE OF TOMORROW

Director: Doug Liman
With: Tom Cruise, Emily Blunt
If *Groundhog Day* was re-imagined as a sci-fi movie and Bill Murray was replaced with Tom Cruise, you'd get *Edge of Tomorrow*. Cruise is back in Earth-saving form, this time as Lt. Col. Bill Cage who finds himself caught in a time loop on his last day battling an army of aliens. He uses this time to get better at what he does, and teams up with fellow stuck-in-time-loop soldier, Rita Vrataski (Emily Blunt), until, of course, they figure out a way to save humankind.
Out: June 5

MISSION IMPOSSIBLE *(1996, 2000, 2006, 2011)*

Name: Ethan Hunt
Occupation: IMF (Impossible Missions Force) Agent
Saved: Mankind
From: Terrorists, mostly. (R.I.P. Phillip Seymour Hoffman. You made sitting through *M.I. 3* bearable)

WORDS: CHIARA CUI; ILLUSTRATION: ANJ JAVIER

CLASH OF CHARACTERS

DEMONS, COPS, AND AN INFAMOUS SORCERESS BATTLE IT OUT FOR YOUR MOVIE TICKET MONEY

MALEFICENT *MAY 28*
Director: Robert Stromberg
With: Angelina Jolie, Elle Fanning, Sharlto Copley
The OG HBIC (Head Bitch in Charge, for the uninformed) and Disney's greatest villainess Maleficent finally gets the story she deserves. It's the Mrs. Pitt comeback you've secretly been waiting for.

22 JUMP STREET *JUNE 18*
Director: Phil Lord and Christopher Miller
With: Channing Tatum, Jonah Hill, Ice Cube
Schmidt and Jenko go back to school, this time taking on a fraternity drug ring at a local college. But when the pair faces some existential hurdles, they start to re-evaluate their partnership and question whether they can stay as professional BFFs.

DELIVER US FROM EVIL *JULY 2*
Director: Sam Miller
With: Eric Bana, Edgar Ramirez
What do you get when David Fincher's *Se7en* and William Friedkin's *The Exorcist* cinematically copulate? This supernatural noir thriller about demonic possession that replaces one gumshoe detective for a holy-water-sprinkling priest.

02

TELEVISION

THE NEW MTV CREW

HERE ARE THE MUSIC-VIDEO-DISPENSING YOUNG INGÉNUES OF MTV PINOY. THANKFULLY, ONE OF THEM IS A FORMER *FHM* SEXIEST IN THE LAND

EYE CANDY

SAM PINTO

Who she is: If you have this rag in your hands, you should already know this two-time consecutive 100 Sexiest winner. She endorses the country's most famous beer (light, of course!), showcases her comedic chops as a *Bubble Gang* mainstay, and is one of the most successful alums *ng bahay ni kuya*. Now, she adds MTV VJ on her list of achievements.
Perfect for MTV: Sam is quite eloquent. We would know. We've spoken to her. A lot. And as proven by her two slamming *FHM* covers, not only can she seamlessly express herself, but also, she's easy on the eyes. You know you'll be tuning in, just as long as Sam is the one doing all the talking.

YASSI PRESSMAN

Who she is: 19-year-old triple threat who has just added hosting to her snowballing repertoire. Before her selection as a VJ for MTV Pinoy, Yassi's biggest claim to fame is shaking her nice *wetpaks* as part of *Party Pilipinas*' Sayaw Pilipinas Team with Mark Herras, Rocco Nacino, and ex-boyfriend Sef Cadayona.
Perfect for MTV: Obviously this girl's got groove running through her veins. We're hoping that the channel compels her to twerk every time she has to present the latest controversial Miley Cyrus video. Do it, MTV!

JOSH PADILLA

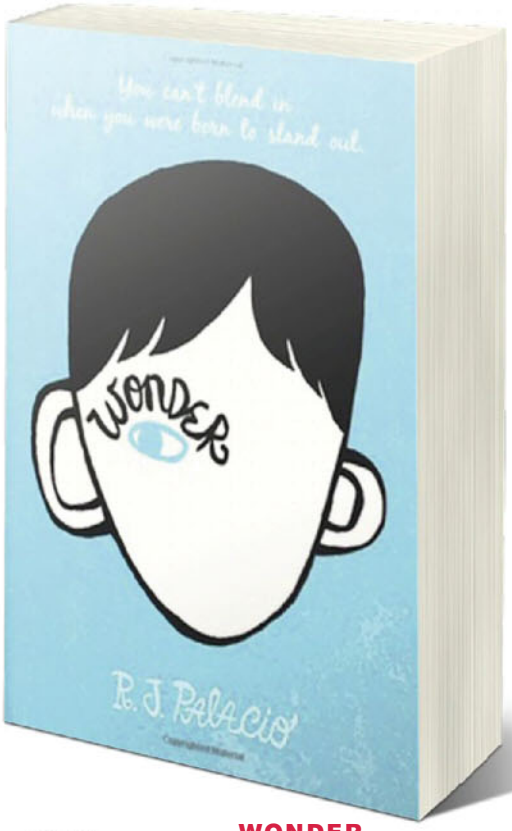
Who he is: Son of Gino Padilla and the cousin once removed of Zsa Zsa, Robin, and BB Gandanghari. Hmmm… we wonder what family reunions are like?
Perfect for MTV: He might not be Robin, but hey, the kid is related to Binoe, ensuring that he's got that magnetic charisma that ensures you pay attention, and you pay attention now.

ANDRE PARAS

Who he is: 6'3" aspiring filmmaker with genes of basketball royalty. Apart from his skills on the court and in front of the camera, we're afraid to say that Andre is also a closet rapper. Cringe.
Perfect for MTV: There's got to be a dude on the roster because your honey and her gal pals need a testosterone-laced break from all the Selena Gomez and Taylor Swift videos they're going to air.

I DON'T MIND

WORDS: SASHA LIM UY



03

BOOKS

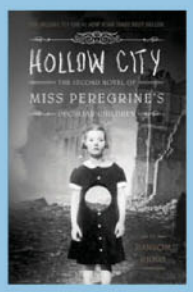
CRINGE-PROOF YOUNG ADULT READS

MEANING NO VAMPIRES, NO INCEST, NO SUPERFLUOUS LOVE TRIANGLES–THAT'S REALLY ALL YOU NEED TO KNOW

WONDER

RJ Palacio

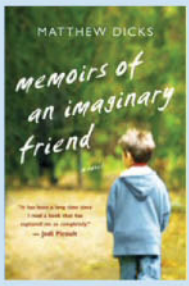
Palacio (real name: Raquel Jaramillo) never intended to be a modern-day champion of the craniofacial community, but with the release of *Wonder*, that's precisely what she has become. Auggie, born with a facial deformity and home-schooled all his life, is about to enter Beecher Prep. "I won't describe what I look like," he says in the first chapter. "Whatever you're thinking, it's probably worse."
Dude-friendly: The story is told from multiple perspectives—Auggie's, his sister's, her boyfriend's, his school friends'—and is humorous in all the right parts. Read and shed a man-tear in



HOLLOW CITY (MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN #2)

Ransom Riggs

The sequel to the highly successful *Miss Peregrine's Home for Peculiar Children* follows Jacob Portman and the Peculiars (the good guys) as they flee from the Hollowgasts (the bad guys) and journey to London, the peculiar capital of the world (don't ask).
Dude-friendly: Time loops, invisibility, superhuman strength: Read this before the Tim Burton movie comes out next year.



MEMOIRS OF AN IMAGINARY FRIEND

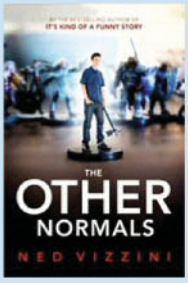
Matthew Dicks

Budo is the imaginary friend of Max. He has been around for five years, and will continue "existing" until Max stops believing in him. This thoughtful book will make you want to apologize to your childhood imaginary friend and ponder on how imaginary friends come about in the first place.
Dude-friendly: Read this before passing it on to your nephew or little bro.

GRASSHOPPER JUNGLE

Andrew Smith

Sixteen-year-old Austin Szerba's sleepy hometown is being invaded by six-foot tall praying mantises. As if that wasn't enough chaos, he's also in "a constant state of maximum horniness," directed at both his girlfriend and his male best friend Robby.
Dude-friendly: Boasts of "babies with two heads, God, the devil, sex, theft, love, cigarettes, joy, bomb shelters, and pizza." You know, the usual high-school stuff.



THE OTHER NORMALS

Ned Vizzini

Perry Eckert would rather spend his days playing *Creatures and Caverns* online. He's shipped off to summer camp, and instead of smoking pot and attempting sex in a bunk bed, he meets the creator of *C&C*, along with other mythical creatures from the game.
Dude-friendly: A year before Vizzini committed suicide in his Brooklyn apartment, he released *The Other Normals*. Vizzini is one of this generation's best YA writers.

WORDS: MARLA MINIANO

HOT GIRLS OF TEEN LIT

THE CHARMING-CRAZY SCALE–Y.A. EDITION

AIMEE FINECKY, *THE SPECTACULAR NOW*
She'll remind you of: That shy girl at the back of the room—the one you really, really want to… befriend.

SAM, *THE PERKS OF BEING A WALLFLOWER*
She'll remind you of: Your wise—though deeply scarred and secretly insecure—high school sweetheart, who made you feel infinite.

KATNISS EVERDEEN, *THE HUNGER GAMES*
She'll remind you of: That tough chick at the gym who can either beat you up or give you an excellent workout in bed, or both.

NORAH SILVERBERG, *NICK AND NORAH'S INFINITE PLAYLIST*
She'll remind you of: Your flighty but well-meaning friend who won't tolerate your shit (or anyone's).

BELLA SWAN, *TWILIGHT,*
She'll remind you of: Every clingy, unreasonable, borderline stalker, overly emotional, self-involved girlfriend you've ever had. Regardless of what the text and movie say, she's the bloodsucker.

CHARMING ← → CRAZY

HIGANTENG
BAKBAKAN SA
HARDCOURT!
PLOT HOME
TVOLUTION
PBA
2014
COMMISSIONER'S CUP
SA'N KA?
KAMPIHAN NA!
TUTUKAN TUWING
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04

MUSIC

NO HALLUCINOGENS REQUIRED

DRUMMER-DJ TANDEM MOTHERBASSS WILL HELP YOU HEAR THE COLORS AND SEE THE MUSIC. HOW? STEP 1: DROP THE BASS

If your inner party animal is having an identity crisis—not sure whether to breakdance to hip-hop, or fist pump to EDM—then you might want to spare yourself the time figuring it all out by listening to Motherbasss, the drummer-DJ duo who are like the perfect drug for the perfect party. A veteran drummer and a DJ, respectively, Macky Brillantes and Nix Pernia have found a way to bridge the gap between hip-hop and EDM: heavy bass. "We were both in the phase where we wanted to create something unique… something different," shares DJ Nix Damn P!, when asked about how their collab started. From a simple jamming session in a studio to mash-ups in international music festivals, this twosome has only began to infect the Metro with a uniquely audible experience—no need to drop anything else.

What is the extra "s" in your name for?

DJ Nix: We added another "s" because…uh, secret! Ha ha! But really, it kind of adds identity and uniqueness *eh*. Somewhat like an extra "umph."

Macky: Yeah, it's the extra "umph" we bring to our audience.

DJ Nix: It's the extra bass in our music, simply put.

How did a DJ and a drummer decide to play together?

DJ Nix: We started to work together in 2012, but we've both been in the music industry for quite a while already. Macky plays the drums for Stickfiggas, Ron Henley, and other bands; while I DJ in bars, events, and music festivals. We were both in the phase where we wanted to create something unique… something different.

Macky: We've known each other since elementary, where we attended the same school. We also wanted to venture into something relatively weird. *Kasi* drummer *ako*, *siya naman* DJ. Initially you would think *na parang hindi bagay*.

DJ Nix: From there we thought about how we would make it work, what our setup would be.

Macky: *May* spark! Ha ha!

Does playing in a two-man band ever limit your creativity and style?

DJ Nix: Motherbasss team is really a collective of artists, not just Macky and I. We have visual artists, graphic designers, and clothing lines. *Sila yung sa* visual *namin*—graphics, posters, logos, aesthetics, and styling.

Macky: Our music is progressive. As much as possible, we would like to think two steps ahead.

DJ Nix: And we'd like to think that our style is advanced. In every set we play, we don't like to play the way we did in the gig prior to that. *Kung may maulit man*, we still put a different twist to it.

And by progressive and advanced, you mean?

DJ Nix: We can cater to different genres, because we're kind of well-versed in everything. From jazz to classical, to EDM and hip-hop, to funk and soul. *Na-associate din kami sa* dance and party music, but if you really dissect our sound *maraming* old styles incorporated. We like to show people our roots, and how we progress it into something dynamic.

Have you ever been rejected by party animals?

Macky: 7107 International Music Festival got us really nervous. We played around 4 p.m., and *natakot kami na* people seemed too stiff for dance music. But what's great about it was that we really got them in a party mood.

DJ Nix: *Parang kami yung nag-umpisang magpagalaw sa kanila*. Ha ha! I said, "*Tara, sayaw tayo*!" And the good thing was *sumunod naman sila*. Ha ha!

Prior to Motherbasss, both of you essentially performed in front of different crowds. How was it getting these two audiences together?

Macky: *Magkaiba talaga*. For one, *iba yung* class. Usually *pag* EDM, upper class. *Pag* hip-hop, more diverse—from *masa* to the *sosyal*.

DJ Nix: That's why it's good that we're able to bridge the gap. *Mas lumaki yung* crowd namin.

Any plans of coming out with an album soon?

DJ Nix: We don't want to say *na malapit na*, but we're going to get there. We're on our way.

What's the best anthem to get a crowd wild?

DJ Nix: Well, we don't want to name-drop any singers or mention any song titles since whatever we play, we make it our own *naman talaga*. Besides, *kung may uso namang kanta*, we flip it in a way *na mapapa-party ka*. Dancing and fist pumping!

To hear more of their music and updates, visit: www.facebook.com/motherbasss www.vimeo.com/motherbasss

DJ NIX DAMN P!

MACKY

INTERVIEW: PONG CASTILLO; PHOTOGRAPHY: PAUL MONDOK

ON MODEL: JANE INDIGO GRADUAL

05 GAMES

ROGUE SIGNAL

WAGE A DIFFERENT KIND OF SMARTPHONE WAR IN *WATCH DOGS*

Jejetext: highly complex

Watch Dogs, Ubisoft's much anticipated open-world game, is finally coming out on May 27, which is about time for a title that debuted before the PS4 and Xbox One were even announced. Despite the delay, it's still widely considered the first "real" next-gen game for this generation—and a big part of that comes down to its innovative cat-and-mouse multiplayer that's pretty much an *Assassin's Creed*, *Ghost in the Shell*, and *Bourne Identity* mash-up—and the near-future premise of using a phone to hack pretty much anything, of course.

You can play the main game in an always-online mode, so while completing missions in its *Grand Theft Auto*-like city, a warning can suddenly pop up on screen declaring that you are being hacked. Who's behind it: A player that has been tailing you—while doing his best to blend into the generic crowd of the game's open world city. Attempt to shake him off—he needs to remain in close proximity for the hack—or flush him out and chase him down for a counter-hacking attempt. This is where stealing cars, triggering traffic lights, electrical overloads, and all sorts of *Eagle Eye*-like shenanigans ensue. It's the ultimate spy vs. spy game because the asymmetrical challenge—ninja stalking vs. exercising situational awareness or the deliberate pace of the gameplay before it all goes full throttle—is a refreshing change from mindlessly shooting up fellow gamers online.

WORDS: ASH MAHINAY

MAN'S BEST FRIEND

WHAT WOULD MAKE *WATCH DOGS* EVEN MORE FUN? ACTUAL DOG COMPANIONS! WE LIST THREE TOP CANINES AND THE PERKS THEY WOULD BRING FOR PROTAG AIDEN PEARCE

Riley
Call of Duty: Ghosts
When the chase is on, this commando dog (and his jaws) is the last thing you'd want on your tail.

Dog
Half-Life 2
Okay, he's kind of a dog just in name, but being a robot means he can probably help detect and scan for any hackers for you.

Red XIII
Final Fantasy VII
Okay, he's kind of lion-shaped, but he's a talking dog, and that's all kinds of useful.

POWER COMES WITH STYLE.

LOUNGE

YOUR MORNING-AFTER EXIT PLAN

Congrats, you've scored a one-night stand! Most of the time, one of you will be doing the walk of shame–but that's not the only ending possible. Here are five scenarios you can wake up to. Plan ahead!

'GOOD' MORNING

WHO: A crazy good lay, a real freak in bed
ITEM REQUIRED: Breath mints
THE PLAN: Chicks dig horny morning activities, and who doesn't want a second round? Wake her with your wandering hands rather than with words, and she'll reciprocate if you are worthy. But before that, pop a few mints to ensure the minimum of hygiene required for a second go-around.

THE GENTLEMAN'S EXIT

WHO: Someone you'd actually want to see again… maybe
SKILLS REQUIRED: Rudimentary cooking skills
THE PLAN: Nothing makes anyone feel as spoiled as breakfast in bed, but whipping up a three-course brekkie might creep the girl out with how thoroughly you went through her kitchen. A simple scrambled egg and fried protein combo will be enough to ensure you can walk away with a good impression–and her number for next time.

WRONG ENTRANCE

THE EXTRA-MORNING AFTER

WHO: An ex, or generally any emotionally unstable lay (e.g. she cried during sex)
SKILLS REQUIRED: Ability to find and put clothes on in the dark; light feet
THE PLAN: It was a bad idea, so you need to extract yourself before she wakes up and causes a shitstorm. Wait until she falls asleep and immediately sneak out the door. Don't dare turn on a light, and pray the door doesn't creak. In this case, 2 a.m. is morning-after enough.

WAKE HER UP THIS WAY

For the sake of a 'good' morning, what she dictates, be sure to administrate

IYA, ENGINEER
"The best way to wake me is lightly and gently. Start with kisses on my forehead and trail down my lips."

KYLIE SY, MODEL
"Breakfast in bed and flowers! As for buying versus cooking, I'd appreciate it more if he prepares it himself–I love guys who can cook!"

FRANCES, STUDENT
"I enjoy being woken up by a back rub coupled with soft, wet kisses along my spine, slowly crawling up to my neck."

VERONICA, WRITER
"In the shower, I want him to set the nozzle to the smallest level, and tease me with it from my neck all the way down there"

FIGHT OR FLIGHT

WHO: Someone you just met—while you're both blind drunk
SKILLS REQUIRED: Poker face; ability to walk around while staring intently at the ground
THE PLAN: You suddenly find yourself in a threesome–but only if you count parents/siblings/significant others as viable partners. Save the excuses and just put on the bare minimum of clothing, grab the rest (or not), and walk right out the door. Hopefully, all the explaining will be left to the girl, you bastard. Opening your mouth is just asking for a punch to the teeth.

THE REAL WORST-CASE SCENARIO

WHO: It's a trap!
ITEM REQUIRED: Alcohol
THE PLAN: Oh man, my man—you did not just make it all the way to third base without giving her a "check" down there. In case you discover that your "lady" friend just so happens to be packing more heat than you, the only solution is to get the hell out of there by any means necessary. Then drink some more of the stuff that led you there in the first place, in hopes of erasing the entire episode from your mind completely.

WORDS: ASH MAHINAY; ILLUSTRATIONS: MIKKE GALLARDO

ILLUSTRATION: THEODORE CRUZ

PHOTOGRAPHY: EJAY LEUNG OF MIDNIGHT BONKERS

STYLING: BELA VITUG
MAKEUP: WINN RAMOS FOR LANEIGE
HAIR: ANGELU DOMINGUEZ

CLOTHING AND ACCESSORIES FROM ANDROGYNE, LA SENZA, AND BERRY LUSH

HER *MAGINOO PERO MEDYO BASTOS* BED PEG

DJ Alvaro had two things to say about the ideal man. Abby's and Jahziel's ideas of the performing male meanwhile, aren't so different...

LUBING YOU UP

Maginoo:

JAHZIEL

Kung blowjobs *ang usapan, ayoko ng maginoong lalaki. Bastos na lang*!

ABBY

Bastos naman agad?! I think guys can be a gentleman even when they're getting blowjobs. You just need one thing: eye contact. *Ang* underrated *nito* but it's so important. I know guys tend to close their eyes *pag masarap*. And sometimes mirrors in the room are so fun because you can see the entire action, but please don't lose sight of the other person. Hello?! *May nakaluhod kaya sa harapan mo*! Be a gentleman and look us in the eye.

Medyo bastos:

JAHZIEL

This is what I'm talking about, Abby! *Eto na*! I want to hear you say it out loud: "Suck me off! Don't stop, don't stop!" It doesn't hurt *na dinidiin mo din yung mukha ko dun*. Why not, *di ba*? *Bongga*!

ABBY

Kung naughty *lang din ang pag-uusapan*, nothing beats a slap to the face with his thing after giving my guy oral! Ha ha ha! For some girls, it may feel degrading, but for me it's just another way of saying I did a great job.

LUBING HER UP

Maginoo:

JAHZIEL

Yung perfect foreplay move for me is kissing me on the neck while undressing me. *Dahan-dahan yung hubaran* tapos heavy breathing and more kissing, *pababa nang pababa hanggang...Pak*! Perfect move *sa akin 'to*! *Mas lalo akong gaganahan*! Push *mo yung pagiging* gentleman!

ABBY

Agree *naman ako sa'yo diyan*, Jahziel. Pero rewind *pa tayo* before foreplay—I worship naughty and dirty sex, but dear, please be a gentleman and primp yourself before anything! Bad breath and jungle pubes are huge turn-offs. And please, take a shower!

Medyo bastos:

JAHZIEL

Pag nagmamadali naman tayo, sometimes okay *lang manira ng damit. Pag nangangailangan na*, why not *di ba*? *Pero mas maginoo* moves *pa rin yung* bet *ko sa hubaran.*

ABBY

Cunnilingus is an all-time fave. If you want to warm me up, I want you to commit like you haven't eaten for days. But I want you to tug on your love stick first. I love watching my guy masturbate! It's so hot! I like to give him a little show by touching myself, watch him come and then clean him up with my tongue. We're still talking foreplay *pa lang*, huh?

BONKING

Maginoo:

JAHZIEL

Ladies first! I'm not sure if some girls have had the experience, *pero ako, na-experience ko na yung nag-cum na lang siya bigla* without asking if I'm finished *na*. And then sabi niya: next round *ka na lang* baby! *Ang* bad *di ba*? *Kaloka*! *Hindi pwede yun*! A gentleman makes sure you get your turn before he gets his.

ABBY

Pero first things first: If you're slipping it in another hole, be sure *alam din ng* girl. That's the polite and most gentlemanly way to go about it. *Ayaw namin yung*, 'Surprise!' You accidentally shoved it in my ass! Damn it! I'm a fan of anal, but it requires necessary preparation. Unannounced, it's never welcome in any way!

Medyo bastos:

JAHZIEL

Spanking, please! Bet *ko yun kasi yung* sensations, pleasurable *at* enjoyable at the same time.

ABBY

Okay, I'm not a bitch but I like to be treated like a bitch in bed! I don't want to be your sweet girlfriend when we're having sex. I want to be your sex slave! So don't be afraid and don't be too gentle—I'm not made of porcelain and I'm not gonna break. Do it harder!

LADIES' CONFESSIONS

Dirty, dirtier, dirtiest...

IT CAN ALWAYS GET NAUGHTIER

I've had a thing for this guy since we were in college, and I knew he was into me too. We would exchange text messages, and we became relatively close. We would talk about relationships and even about sex. Come graduation, we had to part ways because I was leaving for the province. I stayed there for a few years, and when I finally returned to Manila, I rekindled my friendship with my college friend. We got into a serious hookup, and decided to set our first meeting. We were discreet about it since we both live in small towns. We went for a few drinks on our first date. When I got tipsy after my sixth bottle, I put my head down on the table and tried to recover. My college friend then kissed me on the back of my neck. He knew I liked it, so he helped me get up and we drove to his apartment. When we got to his room, I was lucid enough to undress while he did the same. We kissed torridly and caressed each other's body. He sucked my nipples hard and he was really good at it! He moved quick; next thing I knew he was eating me and I was moaning really loud. I was really tipsy so I let him lead. He knelt on the bed, and put my legs against his body while I lied down. He was pumping me really hard, and it took a while before he came. Our deed went on for hours. He was really sweet because he even cuddled with me after we had sex. But the naughtiest part of our sexcapade: we're both married.

malditahh, by email

'He sucked my nipples hard and he was really good at it!'

Always here to listen, ladies! Keep sending your escapades to **fhmladiesconfessions@gmail.com**

MODEL: JENNIFER NGUYEN; PHOTOGRAPHY: JAY TABLANTE; STYLING: BELA VITUG; MAKEUP: JANINA DIZON; HAIR: GEORM IMPERIAL; MODEL APPEARS FOR ILLUSTRATION PURPOSES ONLY

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AURAL SEX

While I was on Skype with my best friend, my boyfriend started playfully caressing his dick behind my laptop. I couldn't resist. I closed the laptop and pinned him on the bed. We were really wild and loud. I asked him if he locked the door, and he nodded. I gave him head, and we did the deed. After sweaty sex and loud moaning, I prepared to shower downstairs. But before I went down, I heard sounds—like the fan and TV were turned on. I looked at my boyfriend and asked him to check who was downstairs. We even guessed that if might be his housekeeper. He called for the housekeeper's name, but we were surprised when another woman's voice answered—his mom's! My boyfriend asked if she just arrived, and she answered, "*Hindi. Kanina pa ako dito.*" I was so embarrassed, but my boyfriend kept laughing. Turned out, she tried the doorbell thrice, but when there was still no answer after the third, she just keyed in. What was worse was that the condo was so small, so everyone could easily hear what is going on in the rooms. God knows what she must have heard.
KinkyKitten, by email

HITTING ON THE GYM STUD

I usually go to my condo's gym late at night after work. One night, I had the gym to myself until one stud walked in. I flashed a friendly smile at him, and he almost let out what seemed like a laugh. I asked why and he pointed to my pants. I realized that I had cameltoe. I flushed in embarrassment, but I could sense he was up to something naughty, so I just rode along. "*Ganun talaga, bakat pag basa,*" I said. He looked surprised with my answer. He then invited me to his unit where things got naughtier. We ended up having sex on his sofa. I rode him rodeo style, and was enjoying his warm dick in me. To compromise for my cameltoe showing, I showed him how good I am at giving head. He came twice, and the second time, he squirted in my mouth. We were both sweaty and tired after, and it felt like I did another workout routine.
Sarah L., by email

FOR THE SPOILED AND DIRTY

I guess I always had a crush on my boyfriend's classmate, who always hung out with us. I even remember telling my boyfriend I wanted a threesome with his friend, and he would just laugh it off. We were open to things like that, and I knew it would excite my boyfriend, too. So when we were doing a movie marathon at my boyfriend's house with his friend, I knew I would have my chance soon. A few minutes into our third movie, my crush snoozed off in one of the guest rooms. My boyfriend and I took the chance to sneak in his room and have sex. Assuming his friend was probably in a deep sleep, my boyfriend entered my hole fast and hard. I kept moaning and just a few minutes into the deed, my crush walked into the room wearing just his boxer briefs. I wasn't embarrassed or shocked by his presence, but I sure was impressed by the size of his tool. It was nearly twice the length and girth of my man's! I knew I was in for one hell of an adventure. My crush hurriedly grabbed me and touched my boobs, going lower and lower until he slipped in two of his fingers in me. He positioned me for doggie and put his dick in while I stroked my boyfriend's hard-on. I couldn't help but moan in ecstasy. He came inside me and my boyfriend went as his sub as he took short breaks. I kept on giving my crush head to help him recharge. I felt like a dirty, satisfied whore as they alternately banged me in different positions and came inside. My boyfriend really is sweet and generous–too bad my crush and I often do it without him to watch and join the fun.
Kimberly Foo, by email

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SM Mall of Asia / SM Makati / SM Megamall / SM North Edsa

PHOTOGRAPHY: XANDER ANGELES OF EDGE OF LIGHT
INTERVIEW: KHYNE L. PALUMAR

STYLING: REY SANTOS
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HAIR: CATS DEL ROSARIO OF AT EAST | JED ROOT
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OCEAN

VIEW
Wouldn't you like to join
Chloe Dauden
as she enjoys
her time in the sun?
Yes, you do

CHLOE DAUDEN

Rolling panty-less in the sand while a family of monkeys descended from treetops beachside wasn't how we expected Miss World Philippines 2011's 2nd Princess's day to turn out—but as she would later have us convinced, this is just one of those easy days for the quarter Irish, quarter Spanish beauty queen.

USAPANG
COMPAÑERO
LIGHT
BRANDY BLEND
COMPAÑERO
LIGHT
BRANDY BLEND
Extra smooth with the taste of
Spanish Brandy
55 PROOF 700 ML
FOR 18 YEARS OLD AND ABOVE. DRINK RESPONSIBLY.

CHLOE DAUDEN

Our 5'8" cover lady's track record and threshold for the difficult aren't something you'd expect from someone with pedigree. Her grandmother Marlene Dauden may be one of the most gorgeous and esteemed actresses of the Sampaguita Pictures era, but for Chloe, that just meant putting in work: three seasons of holding up briefcases in *Deal or No Deal*; four years of college to get an advertising and marketing degree (with distinctions); and additional ongoing years of school for her master's degree. Two years in the meticulously fussy beauty queen training circuit, another four years back in the showbiz track, and three very attractive *FHM* appearances later—you wouldn't have expected Chloe to look as fresh, new, and easy on the eyes as you see her now. But she manages. Even after all the butt-baring, sand-sticking, beach-insects-biting, and monkey-ogling things we had her endure.

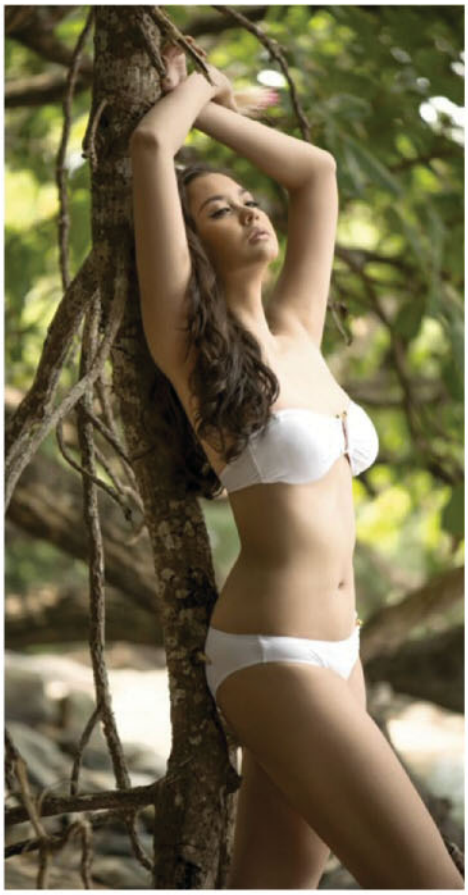
A beauty that isn't afraid to get her hands dirty. We should all be so lucky.

So how did rolling in the sand completely without underwear feel?
Cold. Ha ha ha! No, *nakaka-pressure*. I did *FHM* thrice already, but this is my first time to be this bare. And when it's super bare, you know your body has to be perfect. *Tapos sa* beach *pa, so nakakaloka kasi* other people might see. *Nakaka-pressure* but at the same time it's fun and liberating, *kasi* you get to experiment as well.

And it turned out to be a really beautiful experiment. Did you feel sore or hurt in any parts?
Eto [shows us her knees], *namumula yung* knees *ko kakaluhod*. And then the waves *na tumatama sa akin masakit sa mata. May insekto din sa* water *na kagat nang kagat, masakit*. So *siyempre tiis-ganda*.

***Tiis-ganda*. Is that something you think you've more or less mastered, doing the beauty pageant scene?**
I think so. *Siguro yung* part *na magbilad* I'm already used to. *Sanay na ako sa* long hours of a shoot. Actually *mas maikli itong* shoot *na ito* compared *sa mga ginagawa namin* for the pageants. *Dun kasi yung* girls, *iisa-isahin yan. Papasok kayo* at the same time, *tapos* you're all waiting for the next one. *Nate-train yung* patience *mo* working for different people also.

How long do pageant photoshoots usually stretch?
Sa Miss World, *siguro* whole day, morning to night. *Kasi* there were 25 candidates during my time. So *isa-isa yun pag nag-photo* shoot *kayo. Tapos medyo mahirap kasi pag nasa dulo ka na, nagmamadali na yung* photographer, so you can't say *kung maganda yung kalalabasan ng* shots *mo* or *maibibigay mo yung* best *mo* after long hours of waiting.



And we thought you were high-maintenance and *suplada*.
I always get that. *Siguro* it comes with my features, *medyo* European *kasi ang* features *ko* and it probably sets off people, *na* feeling *nila siguro suplada* or *maarte ako*, but I'm really not.

Pwede ka bang maging jologs?
I'm a cowgirl. I can be with different people, and I can adjust to them, *na pag sosyal, sosyal; pag hindi,* okay *lang din*. Simple *lang talaga ako*. When I go to the mall I don't even wear makeup that much, and I love street food. *Jologs ba yun*? I'm the kind of person *na sakto lang*.

***Sakto* is good. But between pageants, modeling, and acting, which are you planning to do most of now?**
Sana acting *pa rin. Kasi* acting *naman* is my first passion *talaga. Yung* pageant, actually that's my mom's and grandmother's wish, *pinagbigyan ko lang sila*. When I joined Miss World, *dun din naman ako nanalo ng Miss Kapuso*, so *bumalik ako sa* showbiz. *Tapos* what I'm doing now [the shoot] is just taking a step further, *na* I'm not into wholesome roles anymore. Especially now that I'm kind of aging, ha ha ha!

Tell us more about this passion.
Bata pa lang ako I knew *na gusto ko yung* when I'm crying in front of the mirror, ha ha! Of course now, it's not just about crying. You have to emote and internalize everything—*yung masaya* as much as *yung malungkot.*

Any new movie or teleserye assignment we should anticipate?
Nothing concrete *pa* at the moment. I'm doing an indie, but it's still in the planning stages. My last movie was with Marian [Rivera] in *My Lady Boss*, and then *yung pinaka-recent* show *na tinapos ko* was *PantaXa Season 2*, which was on Viva TV.

The crew was saying how easy it was to work with you because "go *ka lang nang* go." Are there times you've gone all the way but thought later you probably shouldn't have?
May times when my mom still dislikes that I do sexy shoots, so that's an area that I sometimes regret, in a way. But at the same time, *kilala ko naman ang sarili ko. Pag may ginawa ako*, I like to push myself, and whatever I do, *talagang tinotodo ko siya lagi.*

Where else were you able to challenge yourself this much?
Well, before this, the most that I've challenged myself was that time I first went bottomless for *PantaXa (Search for the next Pantasya ng Bayan) Season 2* on Viva TV. Yung show na yun parang *America's Next Top Model pero pa*-sexy. Every day we have challenges, including going nude—but only implied. [In place of panties] I had to wear a plaster.

Was the stripping pre-meditated?
No, I just decided on the spot. Because in the show, they call us one by one in the room and they say, "*Ang* next challenge *natin ay ganito...*" And then *kailangang mag-decide ka na agad kung gagawin mo* or not. And I didn't know what the plaster was for, *hindi ko pa rin alam kung anong* pose *yung gagawin ko—basta nag-yes na lang ako kahit hindi pa ako* emotionally prepared, but I had to do it because it was part of the challenge. We had the option to do it or not, but as I said, *mahilig akong i-push ang sarili ko.*

You're pretty hard on yourself. But on a lighter note, do you still remember the first time you realized you were pretty?
Ay ganun? Ha ha ha! I don't know...*siguro nung bata pa kami ng* friends or classmates *ko—at ako palagi yung na-no-nominate na* muse, or *ako lagi si* Mama Mary, things like that...

What about the first time you realized you were sexy?
Ha ha! *Hindi ko na rin maalala. Kasi* before I joined pageants I was on the heavy side, *siguro mga* 140-something pounds. *Pumayat na lang ako* when I started training [for pageants] so I never considered myself sexy before. *Siguro* it was when I won [Second Princess in] Miss World, d*un ko na lang na-realize na* sexy *pala ako.*

Prior to this, you've appeared in *FHM* three times, with less and less clothes on. Did you have any problems with newfound admirers who haven't been on their best behavior? Any *bastos* horror stories?
No *naman*, none that I can think of. *Siguro depende naman yun sa tao.* You can be sexy and not be *bastusin, nasa pagdadala din yun ng sarili mo.*

CHLOE DAUDEN

But what's the most *bastos* you've been?
Hmm…ha ha! I wouldn't say *bastos*, but I guess *minsan* very touchy *lang talaga ako*. I like to play around with my friends, *biglang sini-squeeze ko yung* butt *nila, mahilig akong mangurot lang bigla, pero wala lang*. *Siguro* for people who don't know me, or who aren't close, *baka bastos yun*.

Is there a special skill in the bedroom that we'd be surprised to learn you do?
Special skill *sa* bedroom? Hmmm… ha ha ha! *Hindi ko alam! Siguro* dancing…*na may* production number? Ha ha ha!

Are you a good dancer?
Hindi. Feeling *ko lang*, ha ha ha!

We heard you can drink anyone under the table. Does that mean you party a lot also?
When I'm with my friends. I do drink. A lot. *Pero medyo* reserved *ako pagdating sa* partying. I'm not a party girl. When I was younger, *mahilig ako sa* bars, *pero* as I got older, *mas gusto ko yung* chill places *lang* where I get to be with my friends, *chikahan, ganun lang*. *Minsan na lang ako lumabas sa mga* bars *na may* dancing, *siguro pag may* birthday *lang* or events. *Medyo baduy ako* when it comes *sa* side *ng gimikan*.

What are you like when you're having a good time?
Ma-chika ako. I'm into conversations, *at masarap para sa akin yung makipag-usap lang*. I like smart conversations. And very genuinely nice people.

Finally, they say 2014 is year of the bush, and unshaved girls are in…
Dahil ba kay Madonna *yan*? Ha ha ha!

Personally, though, besides today, are you for or against being naked down there?
Siguro kaniya-kaniya lang yang trip, *pero ako kasi* comfortable *akong wala*. As in hairless siya. For hygienic purposes, I like it waxed, *kasi parang mas malinis*. Hairless all the way!

FHM

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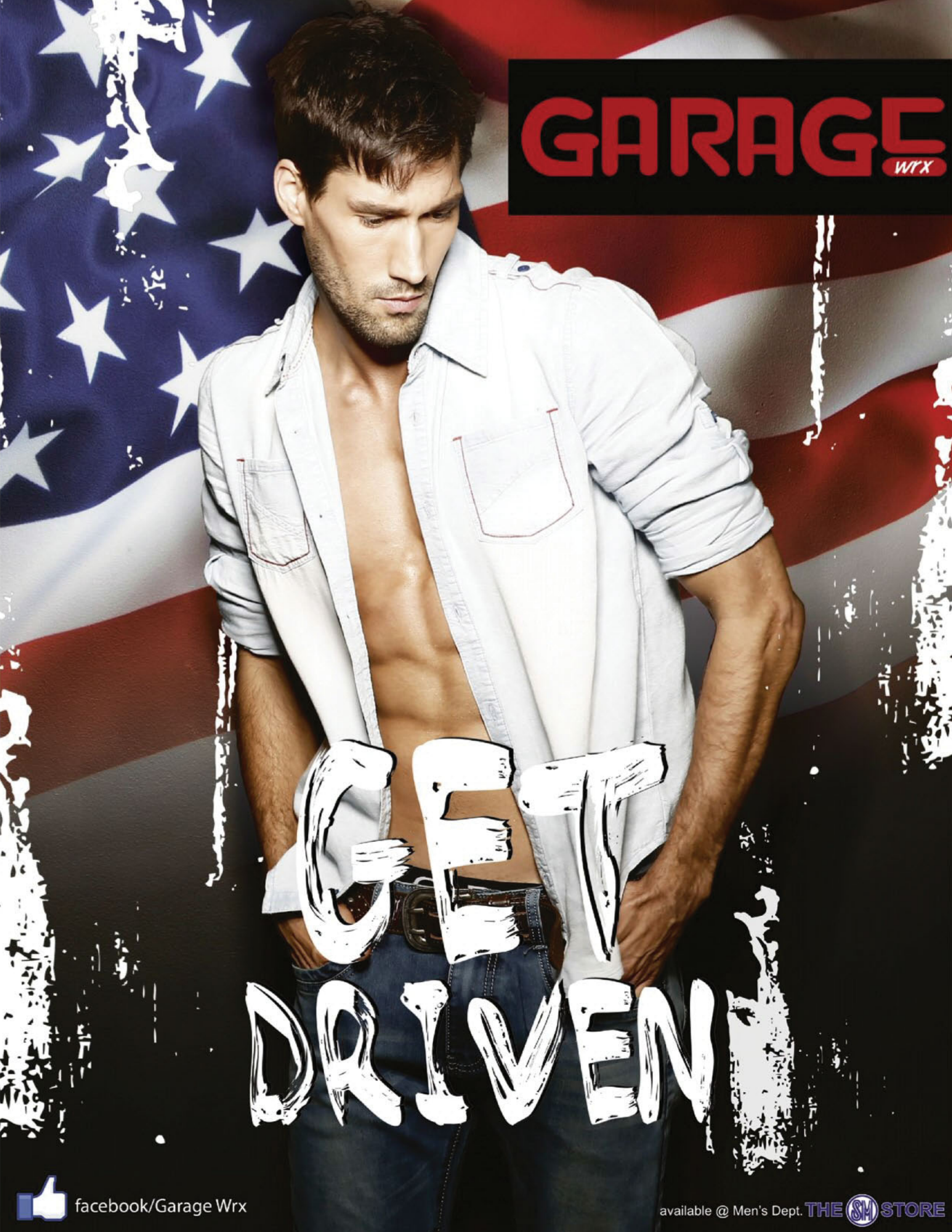
CHLOE DAUDEN

CHLOE DAUDEN

'Before I joined pageants I was on the heavy side, *siguro mga* 140-something pounds'

CHLOE DAUDEN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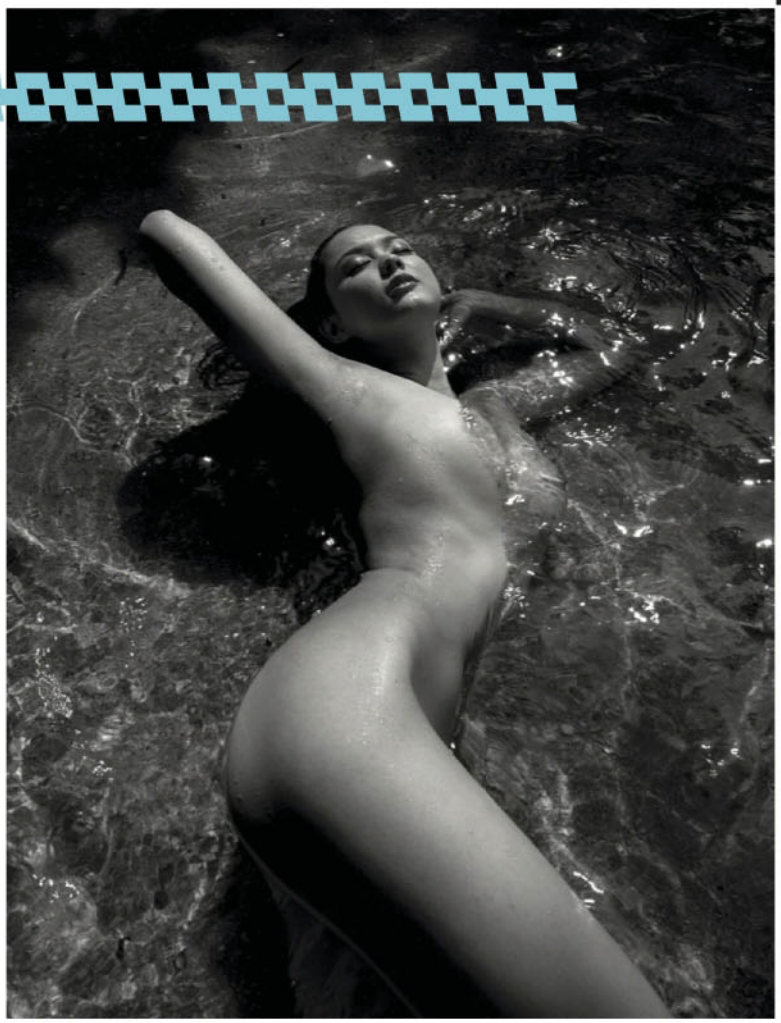
CHLOE DAUDEN



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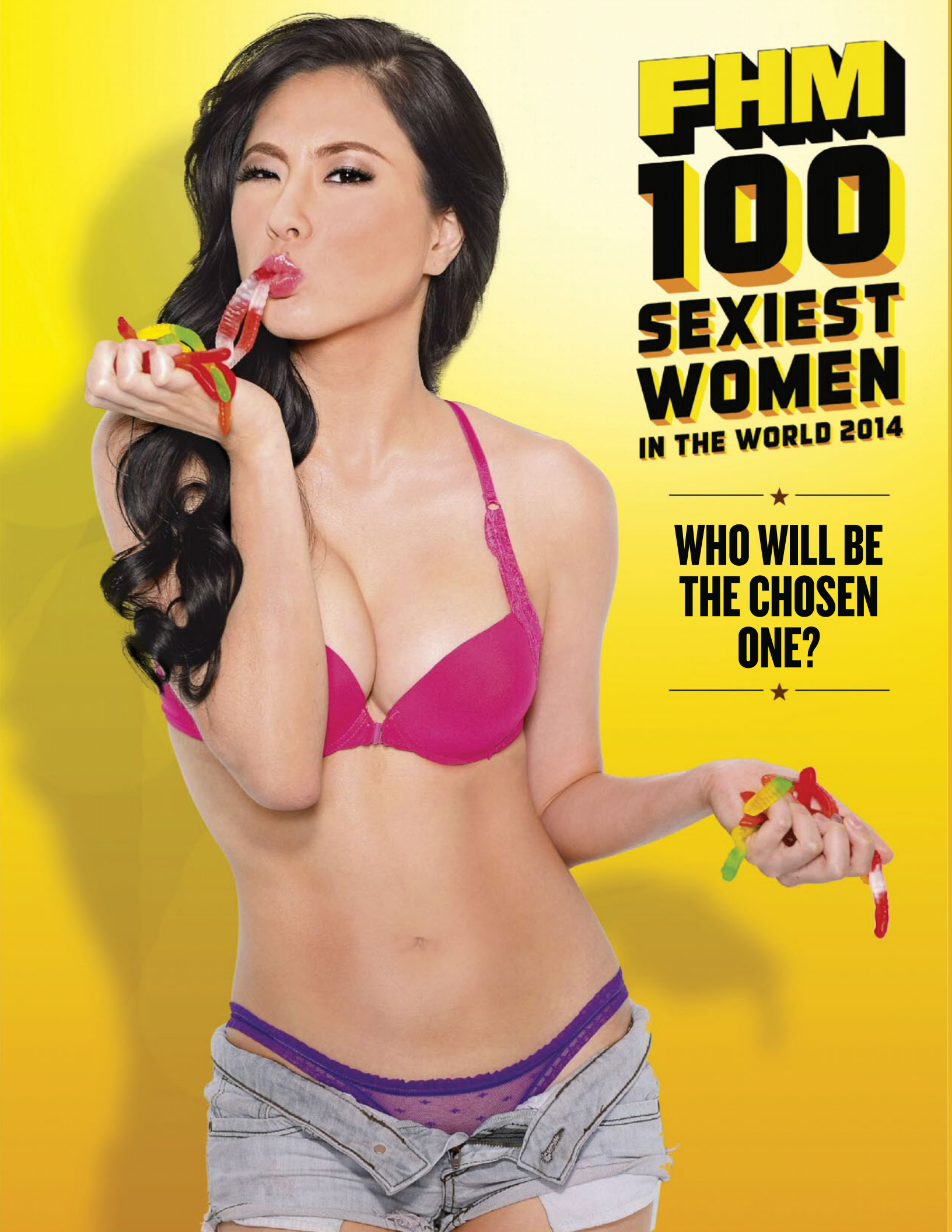
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Register and log on to www.fhm.com.ph/100sexiestwomen2014 where you can vote for ten (10) women per day

The FHM Philippines' Sexiest winner is the woman who garners the most votes in the nationwide poll. Voting period is from April 1 to June 5, 2014.

Votes will be tallied by FHM and results will be announced in a special 100 Sexiest Women in the World 2014 supplement bundled together with FHM's July 2014 issue.

FHM Philippines reserves the right to block/prohibit/exclude votes entered through unscrupulous means such as electronic manipulation. Votes cast through these means will not be honored in the official tally.

Fill out ballots AND mail them to FHM 100 Sexiest Women 2014 Poll. Summit Media Office, 7/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St., Mandaluyong City 1550. Only original ballots will be accepted.

FHM 100 SEXIEST WOMEN IN THE WORLD 2014

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porn v

The *tibaks* call it exploitation of women, the Church says it's a sin, and our girlfriends say it's a waste of time. Whatever they say, porn is what it is and we're not about to stop...er, enjoying it. Here, a comparative analysis that proves we know exactly what those negatrons mean when they say porn is nothing like real life. But hey, it's not stopping us from wishing it somehow could be...

What you're working with...

PORN: The Amazing Monster Penis
The myth of the Large Penis Makes a Better Lover was born in many a porn set, where men swung around sausage-y erections, thrusting them into welcoming holes of happiness. It's pretty obvious that male porn stars are picked for their penis's camera-worthiness. While there is no data on porn stars' average penile size, one of the most famous porn stars of the '70s, John Holmes, reportedly had his insured for $14 million—as he said, $1M for every inch.

Who you're working on...

PORN: "Nikki"
Big surprise: the average porn star is not a buxom blonde with a vague Eastern European accent. One Internet scribe, Jon Millward, who calls himself an "ideas detective," set out to study 10,000 porn stars' demographic profiles and filmography culled from the Internet Adult Film Database (this one also a pet project by one Dutchman going as far back as 1981) and found that the usual peg for porn is brunette, of average height, and (gasp!) only a very believable B-cup—talk about a girlfriend experience. His stats also show that 43 percent of them have a tattoo or piercing, and that at least once, 87 percent of them have given a "facial" the go signal and 62 percent have proffered their bums for a spot of anal sex. And the most popular name in porn? (Sorry, Sasha and Sunny).

Why three is a crowd you'll never gain access to...

THREESOMES
PORN: Awesome!
A cursory search on Redtube yields 3,545 hits; Porntube: 9,831. YouPorn, ever helpful, even has a filter bar to help you find exactly the threesome you're looking for: Anal? Lesbian? Amateur? Blondes? Spicing things up with an extra warm body is a time-honored tradition in porn.

How your fantasies are not coming to life...

LESBIANS
PORN: Come closer!
A favorite fantasy for some—the one where well-built dude gains entry into the titillating world of lesbians and their sexual shenanigans, where he gets more than just his ego stroked. It seems that in porn, they're secretly begging for a man to penetrate (pun intended) their cozy little twosome, where there's twice the number of available parts and holes to grab and shag.

How well you're doing it...

PORN: Victorious Wood
Maintaining wood never seems to be an issue in porn, where the aid of the much ballyhooed professional "fluffers" are enlisted—people whose sole purpose on set is to keep that throbbing man-member rock-hard via blowjobs, hand jobs, or whatever means necessary. For the duration of your DVD or download, the lucky stiff (pun intended) gets to bang away, soliciting fake orgasms from his lady partner until *direk* orders the money shot.

FISTING

PORN: Why the heck not, right?
IRL: I also got a fist to my face when I tried to stuff mine up there.

s real life

What you're working with...

REAL LIFE: Asian be packing...not much
It's unlikely there an insurance policy that will cover that average-sized appendage between your legs. But here, in a great fit of p*ampalubag-loob*, is something women actually do believe: it's not the size, it's how you use it. Also, penis length, girth, and curvature are all matters of personal preference, if we take our Master Debaters Abby and Jahziel's word for it. But if it helps, we're told man-scaping your area a bit gives an illusion of largeness. You know, so it kind of doesn't look like a scared (and ugly) little bunny hiding in the thick grass. Oh, and for God's sake, wash up a bit—she's not touching that if it smells like the confines of a jam-packed MRT in the evening rush hour—even if you're hung like a donkey.

WHIPPED CREAM AND CHOCOLATE

PORN: Kinky achievement unlocked–plus *busog* in more ways than one!
IRL: Jesus, my sheets are gross and sticky. And she does not look happy about having chocolate syrup sticking to her delicate parts.

Who you're working on...

REAL LIFE: The Real Nikki
In your ever-loyal opinion, your wife/girlfriend/casual friend is your personal porn star, but what are the odds that she's going to let you jizz all over her face or let you use the backdoor? That she's perfectly groomed and waxed in all places at all times? That she has an intriguingly placed tat for you to discover when she's in the buff? But hey, she's real and right in front of you, so *magrereklamo ka pa ba*?

ANAL SEX

PORN: Sure looks like a tighter fit...
IRL: What if my schlong comes out covered in shit?

Why three is a crowd you'll never get access to...

THREESOMES
REAL LIFE: Awkward!
Sure, we hear our buds boast of that one time they had twice the fun, but did they ever mention the darned logistics of it all? It's hard enough to satisfy one willing partner, what more two eager participants. Are your skills up to the task? Is it better drunk or sober? Heck, why even ask these questions—getting in on the scene without having to pay hookers for it is problem enough.

How well you're doing it...

REAL LIFE: What wood?
Do you need your own personal fluffer? In a word: yes. The latest research on premature ejaculation in the Asia Pacific states that 8 out of 10 Pinays wished their men lasted longer in the sack, and 70 percent of women say that their partner's better control of ejaculation is imperative to a happy sex life. The same research suggests that the norm should be more or less five minutes until *manoy* is spent—that's more than enough time to make your lady happy if you know what you're doing. Luckily for you, the sex authority Kinsey Institute reports that women are more likely to orgasm from a variety of nookie must-dos, like a combo of oral sex and intercourse. Give your tool a rest once in a while and chalk it up to foreplay—women love that shit.

How your fantasies are not coming to life...

LESBIANS
REAL LIFE: Get away!
Your penis, no matter how impressive, is of no interest to lesbians. Even if your mother told you that you're Daniel Matsunaga's long-lost twin, they've long ago decided that you're batting on the same team. Real-life lezzers are better off as cool drinking buds and wing women—just don't get all drunk and try to sleep with them. **FHM**

ARE YOU A GENTROSEXUAL?

If you've stuck around with us long enough, you'd know *FHM* has changed—let's say we're now a bit more refined. Which got us thinking: maybe you've changed as well? We put our theory to test and concluded: yes, you have. Meet the altogether more decent 21st-century dude that might very well be you

THE ATTRIBUTES

- ✔ Has good hair
- ✔ Lives life to the full (with the biking/baking scars to prove it)
- ✔ Puts friends and family first
- ✔ Has mates who are girls that he's not constantly trying to sleep with
- ✔ Loves his brands
- ✔ Is more likely to stop a fight than start one
- ✔ Thrives on adventure
- ✔ Is never more than a meter away from his phone
- ✔ Isn't a bigot/sexist/homophobe/bell-end
- ✔ Has a traditional take on things like manners, marriage, loyalty
- ✔ Owns quite a lot of shoes
- ✔ Aspires to make something of his life, at work and at home
- ✔ A thoroughly decent guy

ILLUSTRATION: ALDREN JOHN SANTOS; WORDS MIKEY AGULTO

Have men changed?

It started with a theory: the metrosexual man had become extinct. His traits and qualities are no more. He doesn't even resemble the man we see on the street, in our office, in front of the mirror. At least not anymore.

Which begs the question: Have men really changed? We here at *FHM* believe this to be true, and we'd like to call this one the era of the Gentrosexual. Yes, we just made this up, but hear us out.

For one thing, many of us look neater. Even our ratty shoes somehow look presentable paired with, say, a Uniqlo basic shirt and jeans (which you have). Our haircuts look neater in the way they're carefully disheveled. Most of us long for a spirit of adventure and old-school manly pursuits: be that mountain biking, a road trip, baking bread, or whatever floats your boat. We value friendships, our girlfriends, families, even our pets. And above all else: we're not afraid to show it (at least on Instagram). Manners, marriage, honor, integrity. They all matter.

At the same time, our attitudes are more progressive than ever, whether it concerns homosexuality, gender-related pay, or who does the cooking. A classy guy with classy style—that's what the Gentrosexual is all about.

But we really needed to know if the theory holds. So we put out a survey on *FHM* Philippines' three million followers on Facebook, then crossed our fingers that you'd really back us up on these claims. The results are in, and we've enlisted a number of top dudes to help discuss them. Read on to find out if we indeed belong in this category.

68% **of Pinoys say that the role of men in society has changed in the last 15 years**

There are currently no "out" professional basketball players in the PBA today, but San Mig Coffee Mixers' Joe Devance explains how the world of sport is changing as more and more fans don't give a damn whether their favorite athletes are gay:

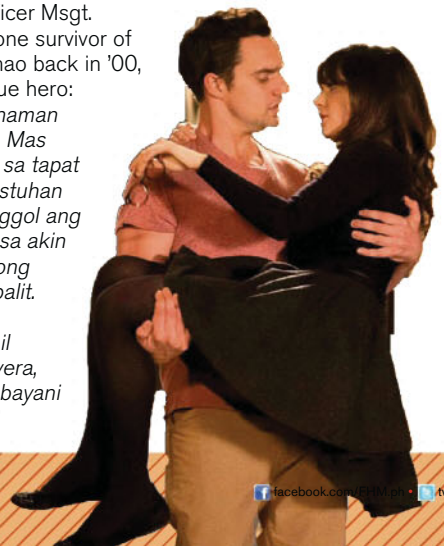
80% **of readers would have no problem with a PBA player coming out as gay**

"We shouldn't have a problem with anybody saying they're gay, be it in the PBA or anywhere else. This is a new day in time—we should all treat each other as equals in race, gender, and sexuality. We need more people to care for one another to better this world."

More than 90 percent of men ignored athletes, musicians, and film stars and said that life-saving doctors and soldiers were the ones most deserving of the title "hero".

Retired PH Marines officer Msgt. Emiliano Hemongala, the lone survivor of an MILF ambush in Mindanao back in '00, reveals the qualities of a true hero:

"*Ang bansag na* 'hero' *naman ay hindi nasusukat sa baril. Mas nasusukat yan sa disiplina, sa tapat na paglilingkod, at sa kagustuhan ng isang tao na maipagtanggol ang kanyang bansa. Bayani ka sa akin kung gusto mong makatulong sa kapwa nang walang kapalit. Kaming mga sundalo ang palaging naiisip ng tao dahil kami ang pinapadala sa giyera, pero pwede ka rin maging bayani sa kahit anong propesyon.*"



52% **of men would confide in a friend (your "bro") over a very personal emotional problem**

We asked *FHM* Nation:

Do you have friends who are girls that you're not trying to sleep with?

Yes – 53%
No – 32%
Uhm, it's complicated – 15%

Mixed-sex friendship groups are now the norm—the days of *G-mik* and *Tabing Ilog* (where everyone hooks up with each other) are no more. Stanley Chi, author of the self-help book *Suplado Tips*, analyzes why men and women can actually be friends: "*Ang modernong lalaki, dapat marunong umamin sa pagkatalo kung sila ay nabasted. Kailangan natin ng mga kaibigang babae, at kailangan din nila ng mga kaibigang lalake. Malay mo yung* friend *mo may mga* friends *siya na hindi ka i-pe-friendzone.*"

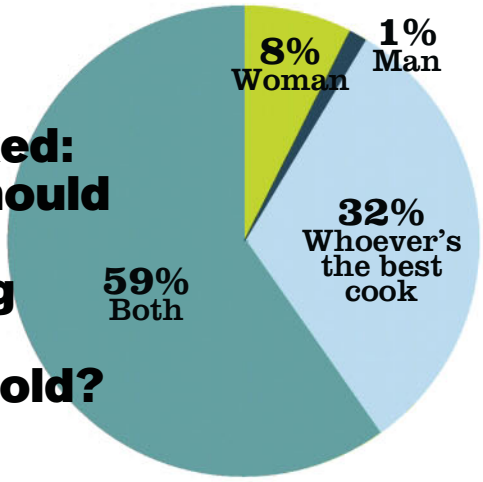
87% **of Pinoys believe it's important for a man to have good manners. In the fast-paced changing world, it has never been more important for a man to have a bit of class. If you regularly give up your seat on the train for a woman, child, or disabled person, we applaud you, sir.**

11%

of guys think that cooking is solely a woman's responsibility

Guys like to cook. There's something satisfying about getting elbow-deep in diced onions and meat. Executive Chef Bruce Lim explains how a man develops a beautiful love affair with his kitchen: "I've always felt at home in the kitchen. When I was young I would watch my grandmother whip things together out of my mom's leftover recipes. I guess that's how the cooking bug starts for most men. In this day and age, women aren't 'Betty Home Makers' any more. They're now career-driven, and as a result men had to learn how to fend for themselves in the kitchen. We start to experiment. We don't follow recipes. We just go with the flow. And then we become good at it."

We asked: Who should do the cooking in the household?



70%

of Pinoy men are fine with their significant other making more money than them

Good thing we're cool with it—studies say that women in their 20s now earn a solid 3.6% more on average than men their age.

73%

of men think getting into fights for trivial reasons is dumb

This means something like someone spilling your drink or debating over one's favorite sports team. But never ever talk smack about someone else's family or loved one—any man would go medieval on your punk ass.

41%

of guys have four or more pairs of shoes

You've only got to walk in The Fort to see that the way men dress has changed. Mong Alcaraz, the axe-spinning guitarist of Chicosci and Sandwich, tries to recall how he became a sneaker freaker: "I don't know how many pairs of sneakers I own; I stopped counting at a hundred. I don't know how it all started either, but I recall getting a pair of Air Jordans back in grade school, and I've never looked back since. It's always exciting when I receive some fresh steeze but I still buy choice pieces. *Nauubusan na nga ako ng* space. *Sa sobrang dami, gumawa na ako ng* Excel file *para alam ko 'pag may nawawala*."

80%

of men are worried about growing old without being given a chance to achieve their dreams

We discovered that the modern man, in the midst of rapid technological change, has a nagging suspicion he might not have a chance to make his dreams a reality. Champion wakeskater Brian Grubb, who became the first man in history to wakeskate in the Banaue Rice Terraces, explains how it feels to cross a major one off his bucket list: "Everyone in Banaue probably didn't even know what wakeskating was. So to introduce the sport to people who had never seen it before while also getting the opportunity to go there and ride was a once-in-a-lifetime experience. It was a real honor just to be a part of it and spend a lot of time and hang out with all the local people up there. Even after the fourth and fifth day we were there, we'd pull up in the morning and just watch the sun come up and we were just like, 'Man, this place is epic.' It's just so beautiful and it was just great being there."

- **476,408** Total number of marriages registered in 2011
- **202,614** Number of couples who got hitched in civil rites
- **171,046** Number of traditional couples who still preferred to tie the knot in a Catholic church
- **55,529** Average number of marriages registered in the month of May
- **28** Median age for grooms
- **16,585** Men who settle at the age of 50 and above

*SOURCE: NATIONAL STATISTICS OFFICE

81%

of our readers still think marriage is important

As progressive and forward-thinking the new gentlemen are, they're still great respecters of the old ways.

P235,000
Average annual income of a Filipino family in 2012

P193,000
Average annual expenditure of a Filipino family in 2012

We asked you about the things that would make you really happy. Not a new phone or getting fall-down drunk. You'd rather have a fulfilling career, thank you very much.

Doing a good job at work	40%
Finding true love	20%
Going on a road trip with your mates	10%
Having a son or a daughter you're proud of	10%
Doing something manly in the great outdoors	4%
Fixing something manly at home	2%
A new phone	2%
Playing with your dog	5%
Getting a Facebook notification from a girl	2%
Getting so drunk you can't stand up	5%

GENTROSEXUAL CASE STUDIES

Phil Younghusband
26, football player
Phil is equal parts old school and new—he had the *tibay ng apog* to ask Angel Locsin out on Twitter but was man enough to concede defeat and keep his silence when things ultimately didn't work out between them.

Dingdong Dantes
33, actor
Dingdong's an overall good guy—he runs several charitable institutions dedicated to the youth—who just happens to be handsome, chiselled, and wickedly talented.

Atom Araullo
31, TV host
The day Atom and his news team decided to cover Super Typhoon Yolanda right at the belly of the storm is the day we decided to sing his praises and follow his footsteps.

Tim Cone
56, coach
What's a guy like Tim doing in the middle of a Marc Pingris-Kelly Nabong scuffle? "I was a little scared getting in the middle of it, but a coach is supposed to get in there and break it up," he says. We mean, if he still hasn't earned your respect…

Fernando Zobel de Ayala
54, businessman
At this point in his life, the 54-year-old head honcho of Ayala Land, BPI, and Globe Telecom would rather be known as an Ironman competitor and a marathon runner than an industry mogul.

Kim Atienza
47, TV host
Impishly smart, highly respected, and dearly beloved, Kim's everything a man wishes to be when Father Time finally catches up. And have you seen how ripped he is underneath that safari polo? Give others a chance, kind sir! **FHM**

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THE WAR AG

WORDS: ASH MAHINAY
PHOTO FROM GETTY IMAGES

Bacon is awesome and makes everything better, but there is one situation in which this meat candy is not welcome—that is when it happens to your clothes. Specifically, briefs, socks, and shirt collars.

There is no miracle garter that doesn't eventually give up and loosen out, but there are ways to extend their life instead. How? Most wear actually comes from washing and not wearing. And lot of this wear can be avoided by hand-washing clothes yourself—a daunting idea, we know. But if you're man enough to spare your delicates from the wear and tear of the laundry shop, we have a guide to doing it right.

SOCKS

Reverse washing
Turn them inside out before washing because your feet give off more filth than your shoes, i.e. dead skin and sweat. This also helps protect against fading. Hang them toes up.

Stash the fabric softener
Modern pairs, like athletic socks, often come with synthetic fibers—like nylon—for that extra stretch. These don't stand up well to the extra chemicals, and fabric softeners can also impede on their sweat-wicking ability. Some detergents come with fabric softener in a 2-in-1 deal—in this case, that's actually a bad thing.

Check your size
Socks that are too big will bunch up and rub to pieces against your shoes or your skin. Wrinkles will give you blisters. On the other hand, squeezing into a too-small pair is stressful on the seams—this is a problem particularly with the no-peeking ankle socks.

Take it easy
If you still haven't outgrown your childish ways of yanking them up in one brutal motion, please roll them on gently like a condom or something.

But how many times can I repeat?
Once. Even if you feel like your feet aren't sweaty, you don't have 250,000 sweat glands down there for nothing.

EMERGENCY LAUNDRY

If you find yourself stranded somewhere in a pair of less-than-fresh undies, can soap or shampoo get them nice and white again?

SOAP
- Hard to get sudsy action going during wash
- After drying, the underwear was noticeably stiff

SHAMPOO
- Bubblier for that "bubbly clean" feel
- After drying, you have a reasonably soft pair of briefs

AINST BACON

BRIEFS

Do not wring them out
This motion destroys fibers faster, especially the elastic fibers that keep your waistband nice and snug. Don't get too *gigil* with your *kuskos* either. Light rubbing is enough.

Keep them out of the heat
Line drying directly under the sun contributes to the faster breakdown of the elastic bits. While the sun acts like a natural bleaching agent, it can also fry your undies prematurely. Give them some rays, but transfer them to the shade during peak sun hours instead of attempting to flash-dry them.

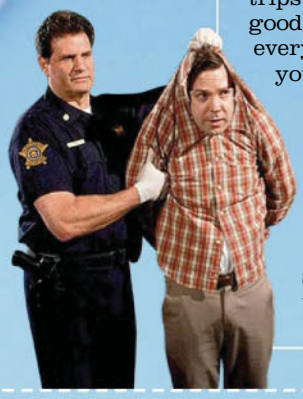
But how many times can I repeat?
Once. We all talk about going side A and side B, but if you really must, the best option is C, for commando. Think of all the crap your underwear deals with (ball sweat, random boner fluid, piss stains, smegma) so your jeans/shorts/jorts don't have to get soiled.

SHIRTS

Fold and not hang
Gravity slowly takes its toll on the collar and shape of your shirt and eventually leaves them saggy. If you must hang them, pass the hanger from below and not jam it in there through the neck like a barbarian. If you learn how to actually fold clothes, then wrinkles will not be a problem.

Beach drying
Impromptu *sampay* sessions of all your wet shirts on your hotel window ledge/balcony during beach trips is actually close to the best way to dry your goods—drying it while flat. It's a space hog to dry everything laid flat out, though, so reserve it for your favorite tees.

Preventive spending
Collars shrink; it's an unchangeable characteristic of natural fabrics. But notice how that cheap *tiangge* shirt gave up immediately, while that pricy tee still looks healthy? It's not you. If you've baconed several shirts of the same make, it might be time to give up on that brand.



DRYING TECHNIQUE

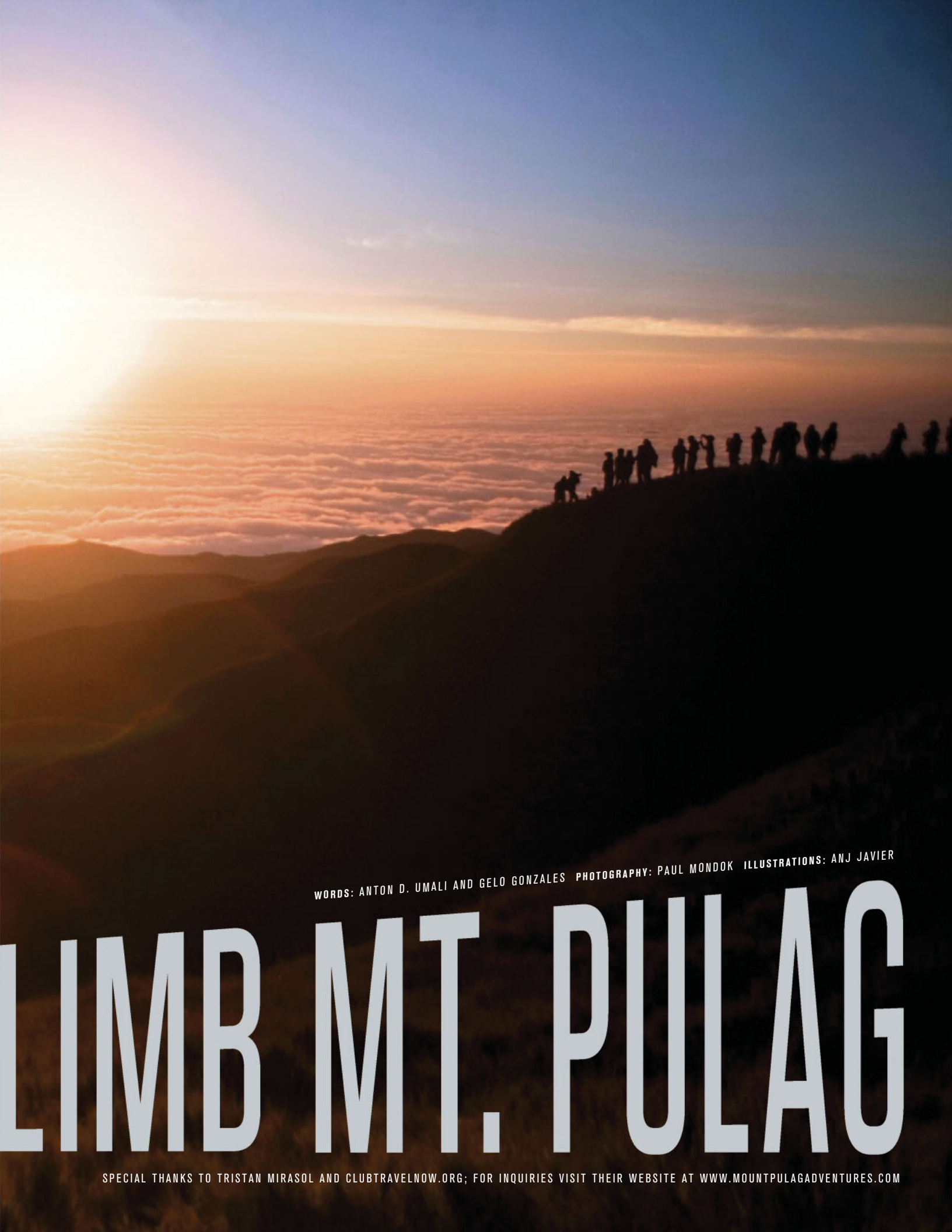
Along with the unplanned wash, you need to be able to dry your things overnight–indoors. Is the hair dryer the secret? No, this technique is

- Lay the item flat on a clean towel
- Roll up the towel with the item inside
- Now take that soggy piece out and let it dry in record time

TIP: You can also hang shirts in the bathroom while you shower for a ghetto steaming session **FHM**

With this handy manual, it might be easier for you to enjoy the scenery of the country's third highest mountain–and Luzon's highest peak–without having to worry about back pains

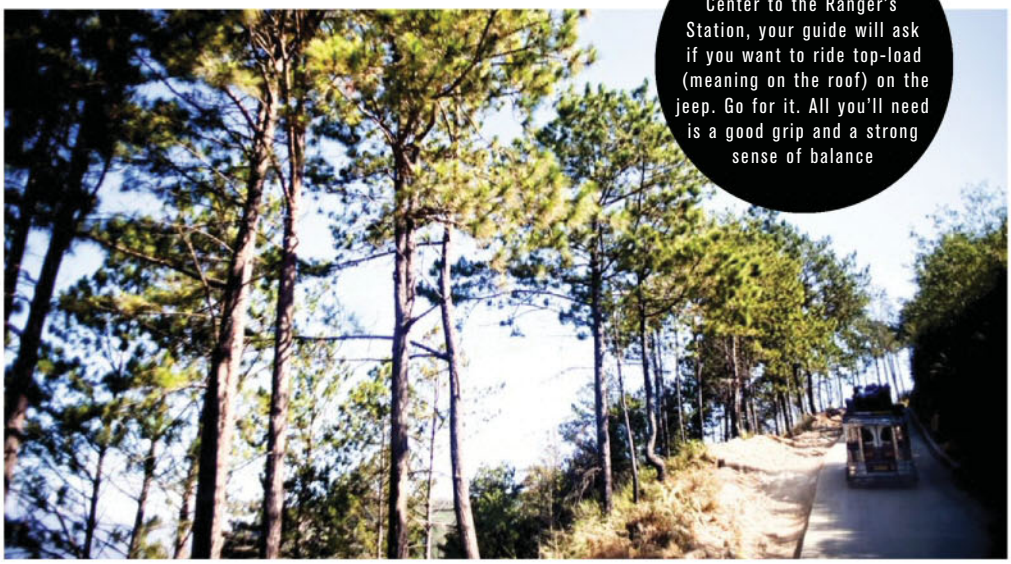
IT'S *not that* EASY TO C



WORDS: ANTON D. UMALI AND GELO GONZALES **PHOTOGRAPHY:** PAUL MONDOK **ILLUSTRATIONS:** ANJ JAVIER

LIMB MT. PULAG

SPECIAL THANKS TO TRISTAN MIRASOL AND CLUBTRAVELNOW.ORG; FOR INQUIRIES VISIT THEIR WEBSITE AT WWW.MOUNTPULAGADVENTURES.COM



PRO TIP
From the Visitor's Center to the Ranger's Station, your guide will ask if you want to ride top-load (meaning on the roof) on the jeep. Go for it. All you'll need is a good grip and a strong sense of balance

GETTING THERE

Sync your clocks, gents, we're going above the clouds!

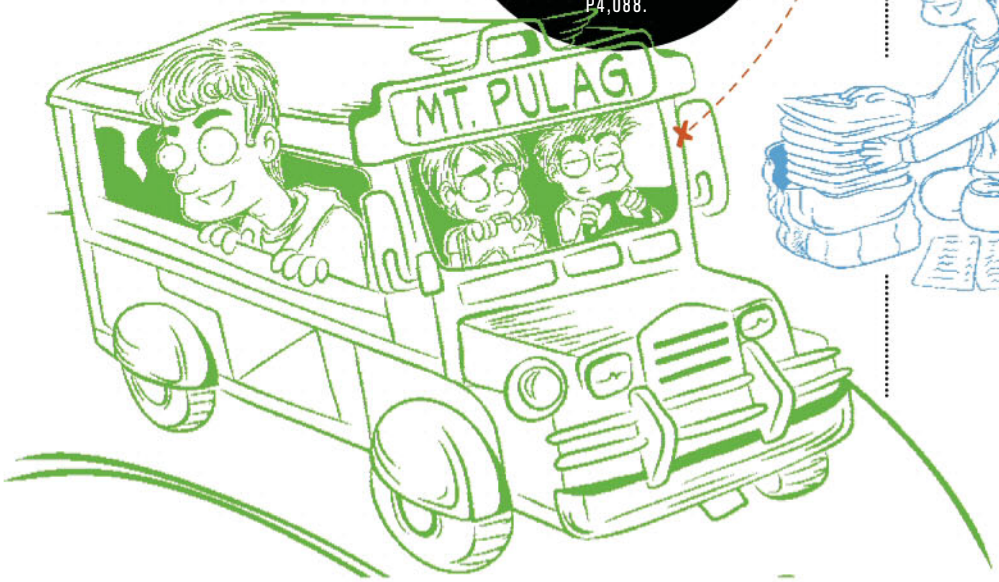
FRIDAY
10:00 p.m. – 4:30 a.m.
Bus from Manila to Baguio
Best time: To get some sleep. You're going to need all the energy you can muster up for the whole-day affair.

DAY 1, SATURDAY
6:30 a.m. – 10:00 a.m.
Jeep from Baguio to Visitor's Center
Best time: On the way, you may stop at Ambuklao Dam in Bokod, Benguet. It's famous for providing hydroelectric power and irrigation to most of the north. Once at the Visitor's Center, a required briefing and registration will be held with the DENR of Ambangeg.

10:30 a.m. – 12:00 p.m.
Jeep from Visitor's Center to Ranger's Station
Best time: Take a dump if you need to! This is the last stop where you can unload without having to worry.

1:00 p.m. – 3:00 p.m.
Hike from Ranger's Station to Base Camp
Best time: Pace yourself. The hike can last about three hours depending on your speed. Enjoy sites such as the mossy forest, changing flora and fauna, and numerous vegetable gardens in sight.

FOR NOOBS
Book with a travel group such as ClubTravelNow.org's Mt. Pulag Adventure in the Clouds. They offer a tour, which covers all commute, DENR, and local guide fees, with three square meals (they cook, too!), and a souvenir T-shirt for only P4,088.



WEATHER THE WEATHER

Fighting the elements can be as easy as wearing the right clothes

HEAD
What to wear: Bonnet, scarf, and sunglasses to protect *bumbunan*, ears, and cheeks from the biting winds.

TORSO
What to wear: T-shirt, sweater, jacket, raincoat made of fleece (not cotton) are highly recommended. Down as well as shell (waterproof and windproof) jackets are best. Layering is the keyword here: lighter fabrics under heavier ones.

LEGS
What to wear: Waterproof jogging pants, long johns, compression shorts to prevent moisture and discomfort.

FEET
What to wear: Either trekking shoes, sandals, rubber shoes, and socks. Be sure to bring an extra pair of shoes, just in case.

PACK HEAVY-LITE

A checklist of what you'll need to bring

- Plastic bags (for water-proofing your bags, clothes, cameras, and other items)
- Sleeping bag
- Large garbage bags (at least 2 pcs.)
- Flashlight/Headlamp (plus, extra batteries)
- Personal whistle (just in case you end up all James Franco-ed in *127 Hours*)
- Personal meds and first aid kit
- Tissue paper
- Mess kit (Plate or container bowl, utensils)
- Grooming kit
- Water bottle (at least 3 liters if *maselan ka sa tubig*; but a 1-2 liter container will be easily refillable with fresh spring mountain water)
- Personal trail food (candies, chocolates, cookies: to share!), canned goods (tuna paella will be your savior)
- Camera (for mountain selfies!)
- Happy disposition, an attitude of gratitude, and a sense of adventure

FIT AS A MOUNTAIN GOAT

Prep yourself for Mt. Pulag by doing some pre-climb exercises

MUSCLE UP

Try to build your strength for carrying that backpack in unfamiliar conditions.
What you can do: Go for classic weight training. Deadlifts, squats, and bench presses will not only strengthen your core, but your thighs and upper body as well.

STAMINA-TASTIC

Constant movement and alertness are two things you need for the trek.
What you can do: Do aerobic stamina builders like running and cycling.

ALL ABOUT THE SHOULDERS

Your backpack is only going to get heavier as you gain altitude. Work those shoulders so gravity doesn't work you.
What you can do: Military presses and alternating kettle-bell presses

BREATHING

The air gets thin up there, making breathing difficult. Learn to regulate your breath to your advantage.
What you can do: 1 or 2 months prior, enroll in a basic yoga class (Flexibility Not Required or Vinyasa). Yoga activates your breath despite compromising positions and conditions. Freezing ears? Numb nose? *Namaste*!

PITCH PERFECT

Channel your inner boy scout, as even campers need a castle

What you'll need:

Tent	Stakes
Tarp	Insulator pad

STEP 1 Make sure you do it in daylight as pitching a tent in the dark can be a harrowing task. Clear your site of rocks, branches, and other debris that will be discomforting. Position your tent around thick shrubs to help with the coldness that comes at dark.

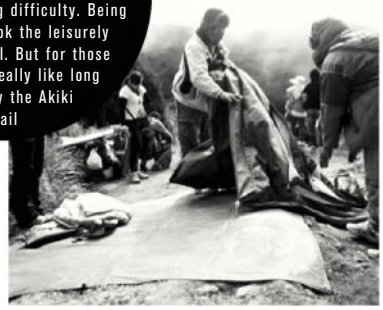
STEP 2 Place the tarp on the ground as the base of your tent. Tuck it under the tent edges.

STEP 3 Stake down the corners by inserting them into the holes provided before you insert the rods to prop it up.

STEP 4 Hammer the stakes with a blunt object like a rock into the ground to secure it from strong winds. Adjust the stakes. This will stretch the tent for maximum interior space and strength of hold. Insert your insulator pad on the floor of your tent for added comfort against unsmooth surfaces.

PRO TIP
For Mt. Pulag (and an adequate amount of sleepy time), make sure your tent has a rain-fly. Even if it doesn't rain, the moisture in the air tends to dampen up the roof causing drippings

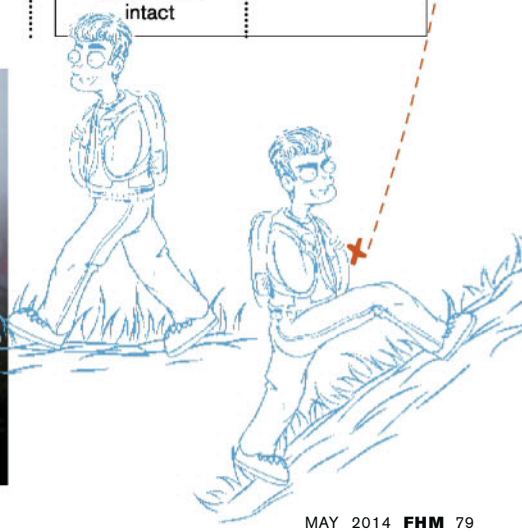
PRO TIP
Stretching over the borders of three provinces–Benguet, Ifugao, and Nueva Vizcaya–Pulag offers several trails that lead to the summit, each of varying difficulty. Being noobs, we took the leisurely Ambangeg trail. But for those who really, really like long walks, try the Akiki trail



HARD MODE

Ambangeg or Akiki Trail? It all depends on how tough you want your climb to be

AMBANGEG	AKIKI
JUMP-OFF POINT	
Ambangeg Ranger Station, Bokod, Benguet, south of the summit	Kabayan, Benguet, northwest of the summit
DAYS REQUIRED	
One to two days	Two to four days
ETA TO SUMMIT	
4 to 5 hours	10 to 11 hours
WHAT YOU'LL BE WALKING ON	
The pathways are established, and rarely feature any tense Cliffhanger moments	It's known as the "killer trail," and features steep 45-degree slopes to climb
CHOOSE IT IF...	
...you want to witness Pulag's majestic cloud fields with your spinal column pretty much intact	...you want to witness a true challenge, and you're feeling a bit masochistic



ESSENTIAL MOUNTAIN ETIQUETTE

Just because you're in primal territory doesn't mean you get to act like a baboon

Mount Pulag is the ancestral domain of tribes including Kankaney, Ibaloi, and Kalanguya and is a source of livelihood for locals. We are merely guests, and as guests, we ought to behave accordingly.

NO SHOUTING

After an arduous climb, it's normal that you'd want to scream. But don't—because the only thing you'll earn is the ire of fellow climbers who just want some peace. A quiet fist-pump will suffice. Locals also believe that noise brings rain.

DON'T BE A LITTERBUG

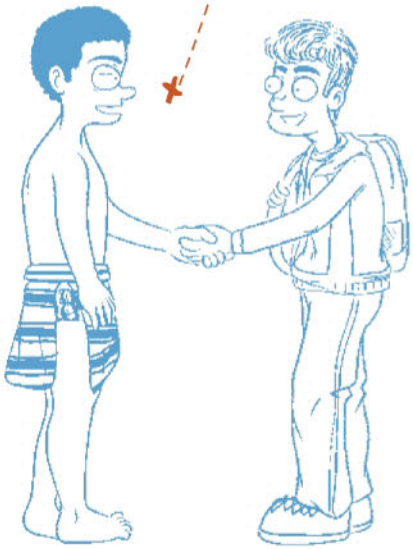
The influx of Pulag hikers will be detrimental to its majesty if we aren't mindful. Keep these words in mind: "Leave no trace." Whatever you bring up, bring it back down! Likewise, whatever you see there—plants and animals—admire them but keep your hands off.

DON'T START A FIRE

While it seems romantic to toast marshmallows over a fire, campfires aren't allowed, loverboy. You wouldn't want to be known as the man who burned down Pulag, would you? Sexual acts of any sort: big no-no as well!

NO BOOZE ALLOWED

Alcohol is prohibited in the campgrounds to prevent rowdiness among mountaineers. Also: it's harder to hike with a hangover. Although a little whiskey to regulate your body temperature can't hurt.



PRO TIP
Pray for good weather when you make the ascent to the summit. The best months to go–for the best chance of seeing clear skies and majestic clouds–are from late February to May

TP TIME!

Poopy matters, discussed

Hiking requires energy. Energy requires food. But eating food means that, sooner or later, you've got to take a dump. So how do you answer nature's call in the middle of a mountain?

TIP 1

Remember our advice to pack light? It applies to your stomach too

Before you venture out to the mountains and temporarily leave the safe confines of civilization, empty your innards at one of the several stops.

TIP 2

Pack some anti-poopy meds

If you feel the need to do the deed in the middle of the trail, don't. First off, your co-hikers will see you. Secondly, your co-hikers will see you. Can you live with that? Pack some Immodium and Diatabs so you can delay the need to drop the bomb.

TIP 3

When you finally get to go, go with a friend

At the campsite, there are cubicles where you can finally release what you've been holding in. It's dark and it smells really bad, so go in expecting that it's not exactly the comfort room of a five-star hotel. Also: have a friend guard the door because the door can't be locked, leaving you vulnerable to surprise visits from other campers.

PRO TIP
Bring a flashlight. The toilet is just a small rectangular hole in the concrete, and you'll need all the help you can get to make sure that you hit the target. Avoid having your balls graze the grimy surface

VERTICAL LIMIT

It's a high you won't ever forget–unless the cold knocks you out, that is

It's the trip not the destination, they say. But if the destination's as pretty as Pulag's peak, we'd like to think otherwise. For any first-time mountaineer, getting to Luzon's highest peak and seeing the majestic views it offers is truly an achievement—one that makes you just want to thank everything: life in general, the tour guides, the friends you made along the way, and yes, the cold. The trip might not have been the easiest, but hell, you'll know if it was well worth it. Most especially after you return to Manila, and realize that you're no longer used to its skin-searing summer heat. **FHM**

BAYER

SWEET NOTHINGS
ARE FOR
WHISPERING.
HERE'S SOMETHING FOR
SCREAMING.

FOR THE MAN ON TOP

Multivitamins + Minerals
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It has a unique combination of **Korean Panax Ginseng** for Endurance, **Deanol** for Potency and **Royal Jelly** for Vitality.

TONGUE OF A GUN

Veteran broadcast journalist and columnist Raffy Tulfo has made a name for himself in local media with fearless attitude and, ehem, fine choice of words. Here, some of his greatest verbal hits

ILLUSTRATION BY MARA DEEN NEPOMUCENO

COMPILED BY NEPS FIRMALAN

"Pupunta-punta ka sa mga ganoong lugar [KTV bar], umasa ka na puwedeng mangyari ang isang kaguluhan. Dapat mahaba ang iyong pasensya, lalo na't pulis ka. You should know better. Hindi dapat mainitin ang ulo. Eh ano ngayon kung biniro ka? Eh di magpasensya ka!"

T3 Reload, talking to a policeman who beat the crap out of a drunk acquaintance

"Wala na tayong pakialam kung away o gabi o nakawan. Ang gusto kong mangyari walang diskriminasyon. Bata, matanda, babae, gay o anupaman, dapat tinatanggap ang reklamo!"

T3, talking about the complaint of an 86-year-old *lolo* who allegedly was denied of service because he's overaged

"Nagpapa-pedicure ka ba, PO2? Manicure pala. PO2, wala namang masama kung bading ka. Bading ka ba? Wala namang masama kung bading ka. Gusto ko lamang malaman kung ikaw talaga ay bading."

T3, speaking to one PO2 who allegedly clawed at, and injured a female complainant

"Ikaw ang bastos eh, kanina ka pa, nakakapikon ka na eh! Nananahimik na nga ako siraulo ka pala eh! Pilosopo kang chairman ka eh! Wag kang pilosopo! Siguro yang ilong mo barado, may sinusitis ka! Loko-loko ka pala eh, sapatusin ko mukha mo eh!"

T3, talking to a brash barangay official on the issue of a bad smell originating from fish containers placed near the barangay hall

"Ipapakulong agad ang mga ungas, mandurugas, hudas, balasubas, barabas ng mga astig ng programang ito!"

T3, part of their opening spiel for the program

ON HEALTH AND FITNESS

"I used to do the treadmill before but it became too tiring for me so I switched to [a stationary] bike, which I found more manageable."

Interaksyon.com, speaking at Jun De Leon's *No Body is Perfect* coffee table book launch

"Mayroon yung mommy ko na ugali, na kapag galit na galit siya, yung sinasabi niya 'malditioning' ko kayo. Malditioning kita. Ibig sabihin, susumpain ka niya. Gagapang ka parang ahas! Kapag sinuway mo siya. Takot na takot kami noon, hanggang ngayon! Ha ha!

Sharon, Kasama Mo Kapatid, looking back at the fond memories with his mom and dad

"Pasensya na po, ser. Humihingi kami ng paumanhin sayo doon sa hindi namin magandang palitan ng salita ni chairman. Gawa nitong si chairman na 'to ay napakapilosopo nitong iho de P.I. na 'to. Sorry. Philippine Islands. Anak ng Philippine Islands. Anak ng Pilipinas."

T3, apologizing to a health official and clarifying what P.I. means

"Cancer ka na eh, cancerous na yung sakit mo eh dahil paulit-ulit ka na lang. Yung sa'yo malalala na, stage four na, dapat talagang sinisibak ka na sa serbisyo."

Wanted, speaking to a policeman who's been involved in plenty of complaints

"Kasi ho, yung mga nagcocomplain sa akin [of physical abuse], pag sa harap ko, ang iniisip ko ay maaaring kapatid ko yan, na parang kadugo ko yung nagrereklamo. Si daddy ko yan eh. Si mommy ko yan, si kuya ko yan, si ate ko yan, si anak ko yan, si misis ko yan. Ganon ho ang aking pananaw. Kaya agad-agad ang bugso ng aking damdamin."

Wanted Sa Radyo radio show, Raffy Tulfo on his apology to the MTRCB (re: Raymart Santiago vs. Mon Tulfo) and why he hurls explicits on air

"Ipagdasal mo, iho de P.I. ka, na huwag sana tayong magkita sa mall. Ipagdasal mo yan, tumirik ka ng kandila mula ngayon, huwag na huwag magkrus ang landas natin. P.I. ka."

T3, their warning to Raymart Santiago and Claudine Barretto

"Kulang-kulang ka! Bakit ka nambubugbog ng babae? Bayot ka ba? Pastilan!"

T3, speaking to a retired policeman charged with grave threat and physical injuries

OTHER THINGS "P.I." IN "ANAK KA NG P.I." COULD MEAN

Parent in law: "*Anak ka ng* parent in law. *Hindi ka* legit.")
Pasig indeed: "*Anak ka ng* Pasig indeed! *Tama si* Geneva Cruz."
Pi, as in Life of Pi: "Anak ka ng Pi. *Ma-shipwreck ka sana.*"

JULY

Micah Sosmeña makes us believe that good girls are just bad girls who don't get caught

PHOTOGRAPHY: RIA REGINO OF FAT CAT STUDIO
INTERVIEW: ANTON D. UMALI
STYLING: DEBRA BERNALES
MAKEUP: JOYCE PLATON FOR SHU UEMURA
HAIR: GEORM IMPERIAL

'Every time I go to bars or casinos, they always ask for an ID. I'm so small and it also doesn't help that I look like a kid'

Meeting model Micah Sosmeña, we weren't sure if she was the woman we had booked to shoot. Her fair Spanish beauty and elfin frame belied above all things: her age, her maturity, and her capacity to boldly showcase her body in this simultaneously sweet and sweaty spread before you. She didn't look the part. And that was a good thing.

"I really like it when the man takes control and enjoys it. I like it when he tells me what to do or even when he tells me off," Micah shares, when asked about the approach she prefers from guys. But then just as easily as she spews those words, she backpedals and says: "But when I see that a man likes me but is shy about it, then I make the move."

Yes, we know. You've heard this all before. How the innocent-looking girl-next-door can easily transform into a smoldering goddess. But there's a reason this stereotype works: Duality is a fact of life. And men and our selfish ways take advantage of this. We want it all: the Mary and the Madonna, the saint and the sinner, the dominant and the submissive, the woman who is both predator and prey. And honestly, we just feel lucky (and now very, very sure) to have found Micah, who isn't afraid to channel both.

Do people always get that young, sweet, and innocent first impression from you?
Yes, every time I go to bars or casinos, they always ask for an ID. I'm so small and it also doesn't help that I look like a kid.

But what's your real personality like?
I'm quite mature. Even if bad things happen to me, I remain optimistic. I always look on the brighter side of things.

Can you give us an example of when you had to use your optimism?
My ex tricked me before. Ha ha! I didn't know that he still had a connection with his ex-girlfriend. I thought that they were just good friends, but apparently there was more to it.

So how did you catch their clandestine affair?
I caught him on Yahoo. He didn't expect me to open his email. Just to get things straight: he had given me the password so it wasn't like I wasn't allowed to take a peek. One time, I scrolled through his emails. I'm not the type to do something like that, but I was shocked when I found their conversations.

Speaking of being in a relationship, what kind of girlfriend are you then? How would you treat your boyfriend?
I really like it when the man takes control and enjoys it. I like it when he tells me what to do or even when he tells me off. Ha ha!

So when it comes to sex, do you also prefer that the guy take charge?
Ha ha! Yes, of course. I feel more secure. I like it that way because it makes the guy manlier in my eyes.

Are there times when you become the dominant personality in the bedroom?
Yes. It's weird because I like manly guys but there are times when I get attracted to men who are quiet and more reserved. When I see that a man likes me but is shy about it, then I make the move.

You were a natural in front of the camera; you even look like a foreign model.
My dad is Spanish and my mom is Filipina. I just wanted to enjoy the moment. It's my first time shooting for *FHM*, and I figured I should give my best.

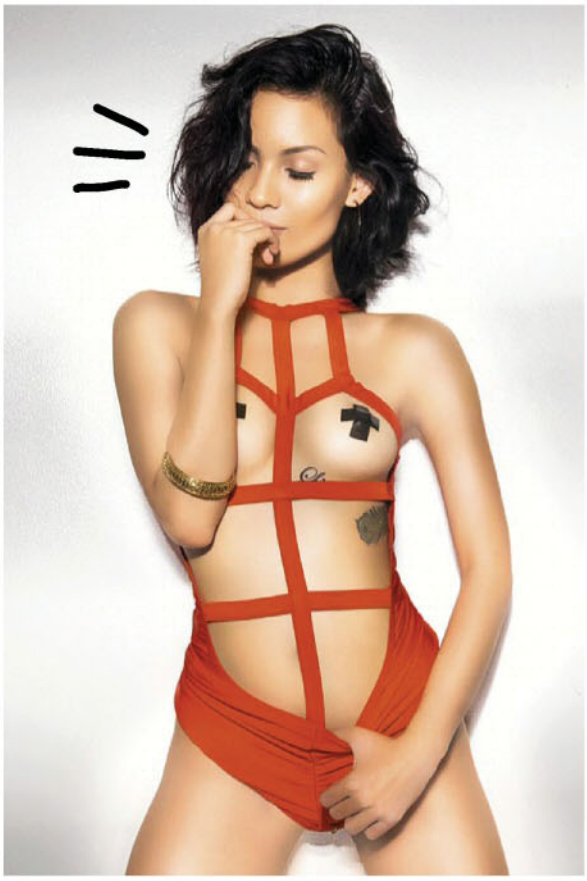
We like that attitude. Does it have anything to do with your underboob tattoo that says, "Live a little"?
I know so many people who live life stressed. They grow old because of it. It's simply a reminder to allow yourself time to enjoy. Don't forget to live a little.

You told us a while ago that you're an Information Technology student. Are IT undergrads allowed to live a little?
I enrolled in the course because I was into computer games. I told myself, I should go into IT because I'm a gamer. I quickly realized it wasn't so easy! Anyway, I'm almost done, just one more year to go.

What advice can you give women who have game-obsessed boyfriends?
Try to understand them. Try to get in on it, you might enjoy it yourself.

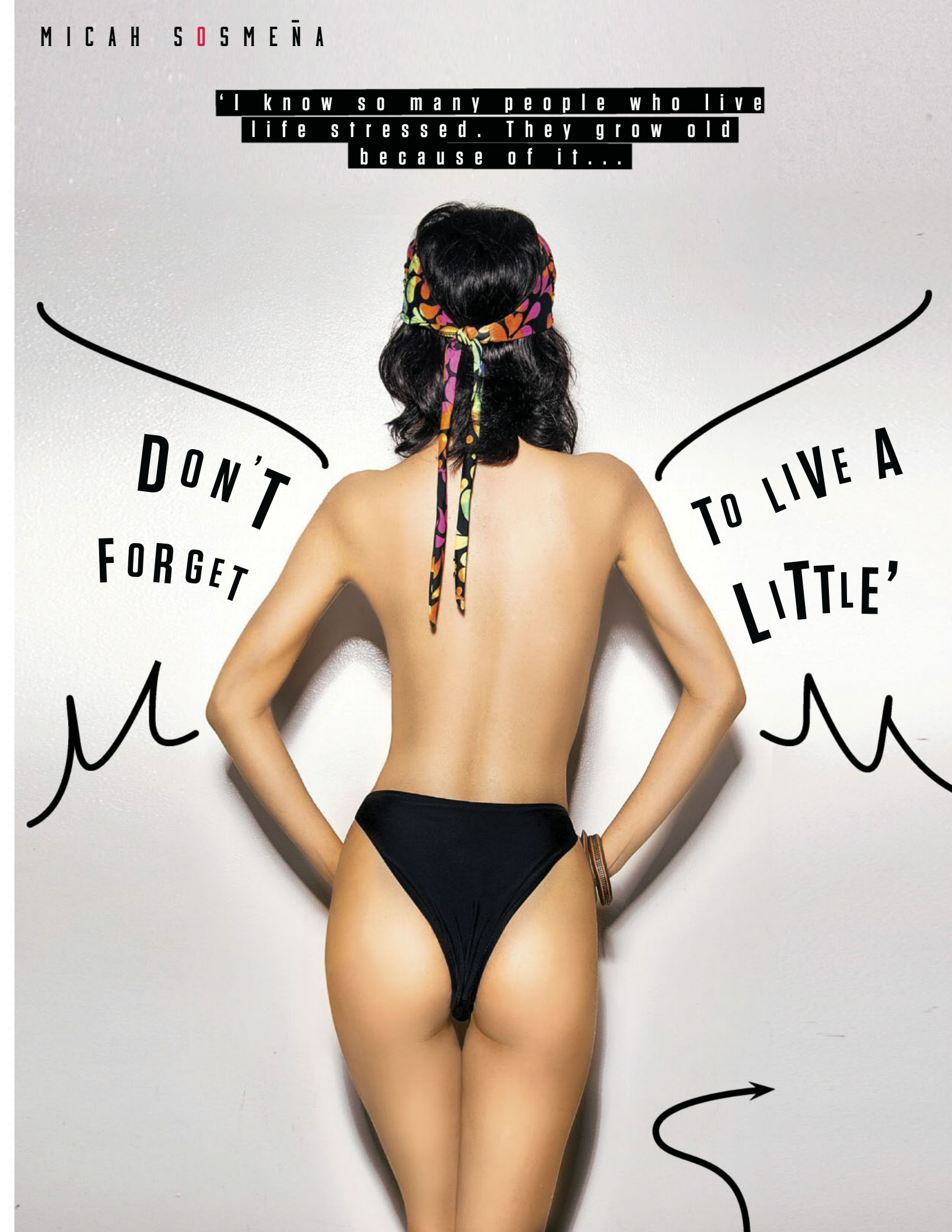
If it were your last day on Earth, how would you spend those 24 hours living a little?
I would spend time with my family. We will eat and have fun, just like we always do.

And if you had to sleep with one person before the planet crumbled, who would it be and why?
Oh my god! Ha ha! Can it be a foreigner? Chris Evans! He is so hot! He's the perfect mix of manly and sweet. Plus, he's so big that he looks like he could protect me. **FHM**

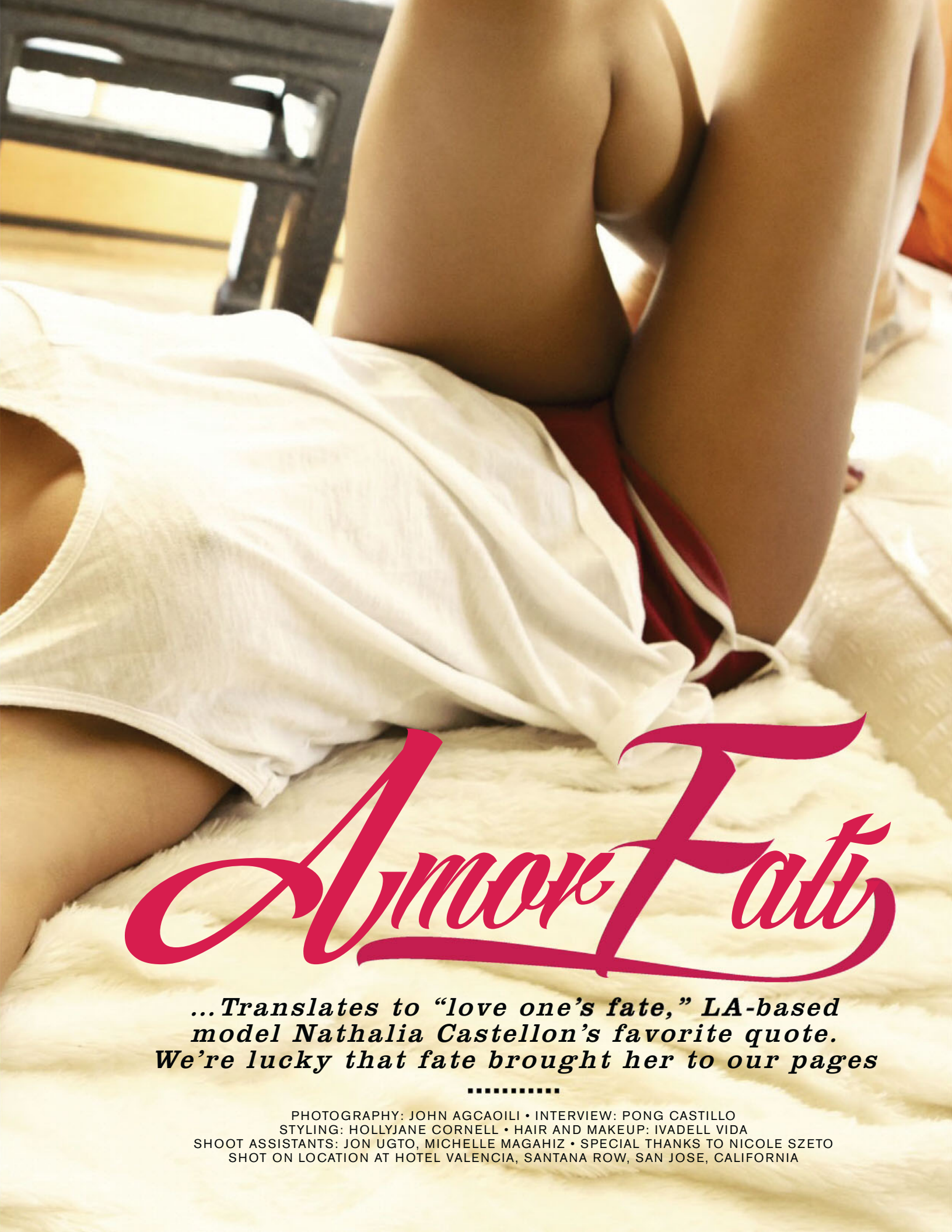


MICAH SOSMEÑA

'I know so many people who live life stressed. They grow old because of it...



DON'T FORGET TO LIVE A LITTLE'



Amor Fati

...Translates to "love one's fate," LA-based model Nathalia Castellon's favorite quote. We're lucky that fate brought her to our pages

PHOTOGRAPHY: JOHN AGCAOILI • INTERVIEW: PONG CASTILLO
STYLING: HOLLYJANE CORNELL • HAIR AND MAKEUP: IVADELL VIDA
SHOOT ASSISTANTS: JON UGTO, MICHELLE MAGAHIZ • SPECIAL THANKS TO NICOLE SZETO
SHOT ON LOCATION AT HOTEL VALENCIA, SANTANA ROW, SAN JOSE, CALIFORNIA

Nathalia Castellon

With her silky, dark hair, black eyes, and sex appeal, it wouldn't be hard to see that LA-based actress/model Nathalia Castellon is actually half-Filipino. She exudes that certain familiarity that draws you in, making you want to hang out with her over some beers. What are your chances of having that opportunity, you ask? Easy. "I will love a funny man any day," she says. "Personality captures my heart!"

So if pulling out your trump card of being Pinoy does not charm her enough, then you might want to hit the sweet spot by tickling her funny bone. Get her to laugh and get a chance to be in her presence.

We hear you've been modeling since you were 14. What else keeps you busy now?
Acting really is my main job, but modeling is my passion. I love being in front of the camera.

And we don't mind that at all. Thanks for being active on Instagram, too!
I love taking selfies with other people. Key to a good selfie: lighting! Ha ha! It's fun that I can be myself in front of the camera. I like that I can channel different characters.

What character do you dream of portraying as an actress?
I love, love comedy! I'm a huge comedian.

So you'll go for humor over looks, we suppose?
I will love a funny guy any day. Personality captures my heart.

We like your familiar beauty. You look Pinoy, but not really, if that makes any sense.
My dad is a Salvadoran-Filipino, and my mother is Mexican. I would have to say that my eyes do the trick. They are black, which is kind of rare in the States.

Would we see you here on vacation soon?
I haven't visited the Philippines yet. I have family there, so I really have to make a trip soon. I know a lot of Tagalog words, though. The most important phrase I know: "*Nasaan ang banyo*?" Ha ha! And I absolutely love Filipino food!

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'I haven't visited the Philippines yet. I have family there, so I really have to make a trip soon'

What Filipino dish should we cook for you?
I love all of it! I'd say let's share a feast! Ha ha!
We'd love to take you out on a pig-out date. What else do we have to do to charm you?
Well, I'm currently dating someone right now, so I can't really say yes to anyone else. Ha ha! But I'm always up to meet friends.
Your type usually gets men intimidated. What can you say to guys who would want to approach you but are too shy?
Confidence is the sexiest thing ever! Never ever let your insecurities get the best of you. Take a chance. You'll never know what will happen.
Has a fine girl like you ever been rejected?
Yes, I've been rejected before…a ton of times, believe it or not! You just have to understand that maybe that person wasn't for you. Move forward.
Are you as confident in the bedroom?
Ha ha! That's too personal…
You have a couple of tattoos. What's the story behind them?
I drew all of my tattoos. The one on my arm says, "*Amor fati*," one of my favorite quotes by Nietzsche, which translates to, "Love of one's fate." I had three deaths in the family within two years, and it was very difficult to cope. I found myself reading a ton of his philosophies, and that one touched me the most. It helped me cope with it all.
You're a creative bookworm. Not to mention, a tough chick, too!
I cannot be tamed. When the time is right and the right person comes along, things can change. Anyone who judges a person before taking the time to know them is crazy! Stereotypes are silly.
What else would surprise us about you?
Well, if I were to do a fantasy movie, I always thought about having a giant cupcake feast with all the cupcakes in the world. And I'd be munching on them while I wait in line for a ride in Disneyland. Ha ha!
Sweet!
I told you, let's share a feast! Ha ha! **FHM**

I cannot be tamed. When the time is right and the right person comes along, things can change. Anyone who judges a person before taking the time to know them is crazy! Stereotypes are silly

HIGH STYLE

Kristin Villarosa makes seaside lounging look fit for a queen

PHOTOGRAPHY: PAOLO PINEDA OF MIDNIGHT BONKERS
INTERVIEW: ANTON D. UMALI
STYLING: DEBRA BERNALES
MAKEUP: AMANDA PADILLA OF AT EAST|JED ROOT
HAIR: RHOY CERVANTES FOR L'OREAL PROFESSIONNEL

SHOT ON LOCATION AT VISTA APLAYA, ANILAO, BATANGAS; FOR RESERVATIONS VISIT WWW.VISTAAPLAYA.COM
SPECIAL THANKS TO REY LOPEZ AND TESS CALDERON
SWIMSUITS FROM STOKED AND RIP CURL

KRISTIN VILLAROSA

From some angles, model, blogger, and all-around businesswoman Kristin Villarosa reminds us of celebrity stylist Liz Uy. She's got that lithe frame and confident stature befitting an empowered woman. She endorses a local gym, owns a street-wear clothing line called Wika Clothing, and like Liz, she digs fashion, knows how to market herself (cyber-stalk her now on her blog, kvcollection.com), and looks damn awesome while she's at it. Sound intimidating? Don't be. Kristin here can be easy to please. For her to fall hard for a man, all she needs are romantic kisses, intelligent conversations, and a little bit of cuddling (which most men actually kind of have a hard time agreeing to, right guys?). But don't burden yourself too much, BEcause her boyfriend, local rapper D-Coy, already has those bases covered. And unless you can rhyme and rap with lyrical swagger, it would be in your best interest to settle for this poetically steamy set of photos instead.

We chose this beach for your *FHM* debut. Are you a fan of beach vacations?
Yes. I only recently became a beach lover. What I like most about it is that I'm able to relax. Here in our country, when summer hits, people really feel like going to the beach. I'm a Pisces; when I'm close to the water I always feel like I'm on vacation. I have time to think. It's one way of refreshing the mind.

But when you're in the city, what keeps you busy?
I also love the metro life. Every day I exercise. I have my own treadmill at home and I like the sauna. I'm also an endorser of Fitbox [Fitness Boxing Technogym] in Makati. That's where I box. And I also have a nail spa.

You're a busy girl.
Aside from that, I have a clothing business. It's called Wika Clothing. I also keep my own blog called kvcollection.com.

That means there's another avenue for future fans to stalk you. What is it about?
It's about my everyday life. It's about fashion, the food I eat, exercising, and dieting. This is more about my lifestyle. It's a new blog.

There are already so many bloggers out there. What made you decide to jump on the bandwagon?
My boyfriend is rapper D-Coy. I get invited to so many events because of him. I got inspired to put up my own blog to document the interesting things that happen around the city. *Sayang naman, di ba*? So I can review products and promote at the same time.

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Your boyfriend is quite the accomplished spit artist. Do all guys need to be master rappers to win you over?
Personality is always more important than looks. I've had boyfriends before who are very different from my boyfriend now. I used to date a basketball player and he was tall. My boyfriend now is a rapper and he's… uhm…not…tall. I'm actually taller. Ha ha! *Basta nagkakasundo kami*, I'm happy.

We're sure your current boyfriend has some redeeming qualities to make up for his height.
Yes, he's very smart and *bihira yun eh*. He's mature. *Makulit* ako but at the end of the day, I'm looking for something serious and my guy is also like that. We have goals and we share the same perspective. We are very happy.

Rappers can be quite poetic. Did he woo you with his rhyme skills?
Well, yes. At the start of our relationship, I wasn't able to listen to his music. I'm not a big fan of hip-hop. When I experienced the culture, *naintindihan ko na*. When you are poetic, intelligence comes through. But that wasn't why I initially fell for him.

Did he wine and dine you?
With me, all I need is good conversation and some cuddling.

Speaking of cuddling, when it comes to intimacy, are you often the initiator in the bedroom?
It depends. I think I tend to make the move! Ha ha! The relationship isn't so sexual. It's not about that for me.

What's the worst approach you've gotten from a man?
Nakakadiri yung bigla ka lang hinahalikan! I hate being pushed. If a girl really likes a man, she doesn't need to be pushed. Kisses should have feelings involved. Don't get too perverted when it comes to kissing. Kissing shouldn't be malicious.

Has anyone ever told you that you kind of look like celebrity stylist, Liz Uy?
Yes. A lot. Even on Instagram, friends would comment and tag me in Liz Uy's pictures.

How does that feel when people mistake you for her?
Of course, I'm flattered. I like Liz Uy. She's a classy woman. *Nakakatuwa* but at the same time *nakakahiya kasi magkaiba kami*.

Do you find Liz Uy sexy?
Yes.

What's the sexiest thing about her?
Her actions. Her confidence. The way she carries herself. You can't buy good breeding.

If you had a chance to kiss Liz Uy, would you?
Why not? I'd kiss a girl and I'm sure I'll like it. FHM

"I'D KISS A GIRL AND I'M SURE I'LL LIKE IT"

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THE PEPLIST EDITORS' CHOICE

THE NOMINEES

TV SHOW OF THE YEAR- DAYTIME

- Be Careful With My Heart (ABS-CBN)
- Eat Bulaga! (GMA)
- It's Showtime (ABS-CBN)
- Kris TV (ABS-CBN)
- The Ryzza Mae Show (GMA)

TV SHOW OF THE YEAR- PRIMETIME

- Got to Believe (ABS-CBN)
- Ina Kapatid Anak (ABS-CBN)
- Juan Dela Cruz (ABS-CBN)
- Mundo Mo'y Akin (GMA)
- My Husband's Lover (GMA)
- Temptation of Wife (GMA)

TV SHOW OF THE YEAR- WEEKEND

- Bayan Ko (GMA NewsTV)
- Bubble Gang (GMA)
- Maalaala Mo Kaya (ABS-CBN)
- Pepito Manaloto (GMA)
- The Voice of the Philippines (ABS-CBN)

MALE TV STAR OF THE YEAR

- Coco Martin
- Daniel Padilla
- Dennis Trillo
- Dingdong Dantes
- Tom Rodriguez
- Vic Sotto

FEMALE TV STAR OF THE YEAR

- Anne Curtis
- Carla Abellana
- Kim Chiu
- Judy Ann Santos
- Kris Aquino
- Marian Rivera
- Sarah Geronimo

MALE SHOWBIZ TREASURE OF THE YEAR

- Eddie Garcia
- German Moreno
- Joey De Leon
- Pen Medina
- Tirso Cruz III

FEMALE SHOWBIZ TREASURE OF THE YEAR

- Ama Quiambao
- Gloria Romero
- Nora Aunor
- Susan Roces
- Vilma Santos

CHILD STAR OF THE YEAR

- Andrea Brillantes
- Barbara Miguel
- Mona Louise Rey
- Raikko Mateo
- Ryzza Mae Dizon

BREAKOUT STAR OF THE YEAR

- Daniel Padilla
- Janine Gutierrez
- Mito Yonting
- Ryzza Mae Dizon
- Tom Rodriguez

FAB MALE AWARD

- Daniel Padilla
- Luis Manzano
- Piolo Pascual
- Vhong Navarro
- Vice Ganda

FAB FEMALE AWARD

- Anne Curtis
- Heart Evangelista
- Judy Ann Santos
- Lucy Torres- Gomez
- Toni Gonzaga

PINOY PRIDE

- Eddie Garcia
- Megan Young
- Nora Aunor

DADDY G

We interview the father of unbreakable style

From Baby-Gs to the swaggy new metal collection, it's been 30 good years for the Casio G-SHOCK line. For their Shock the World 2014 tour, the suits over at Casio flew in the creator himself–Mr. Kikuo Ibe–to tell us all about the origins of the iconic watch. The idea came to Ibe when he dropped an heirloom watch from his father and watched it shatter to pieces. After much testing and throwing prototypes out of a toilet window, he created the very first model in 1983. Among other things, we wanted to know–how does the man himself like to rock a G-SHOCK?

KIKUO IBE

There are so many colorways out there, do you go with the outfit matching G-SHOCK or pick a nicely contrasting color?
Just black! Actually, I don't think about it too much–I only keep two watches, the first G-SHOCK and one that came out 20 years ago–and they are both in that color. I am thinking about a white model though.

Nice and round or chunky and rectangular?
I go for the square shape, but when it comes to the analog design, I prefer the round one.

What is your favorite G-SHOCK collaboration?
I like all of them! I don't necessarily have a favorite because all the collabs are outstanding! Every time we initiate a collaboration with another brand or artist, we make sure that everybody gets something out of the process, on the same level. It's a win-win situation for Casio and the collaborator.

Any new materials on the way? Carbon fiber? Bamboo?
The reason we use plastic is because the concept behind G-SHOCK is that it is wearable for the rest of the customer's life. This is also why we use metal–to make the product longevity last. At the moment,
it seems there is no new material outside these two that can provide the same longevity.

Have you G-SHOCK'd anything else lately?
Casio has actually incorporated the G-SHOCK tech into a mobile phone recently. But outside of that, the main focus is still the watch.

Do you still feel like a proud dad whenever you see a random guy with a G-SHOCK?
I want to shake their hand, ha ha!

WORDS: ASH MAHINAY; ILLUSTRATION: JAMES ANDRES

LUST CAUTION

Moon of desire's Dominic Roque shows us the perks of staying in with your lady

PHOTOGRAPHY: ANDREO LUKAS ESGUERRA
WORDS: ASH MAHINAY

STYLING: REY SANTOS
GROOMING: ANNE CASTAÑO

TARTAN POLO, TOPMAN, P2,245; V-NECK TEE, ZARA, P795; JEANS, TOPMAN, P2,695

Starring in an afternoon soap, *Moon of Desire*, alongside two *FHM* covergirls (Ellen and Meg) will probably take the focus off your appearance–especially if you're the guy on the show. Twenty-one-year-old actor Dominic Roque probably doesn't mind, though, and for those actually watching him (like those who read this mag "for the articles"), he certainly has the physique to fit in with the desirable female forms on set. And now we've placed him in another situation where desire makes you lose your shirt–before you even get out the door for a date.

DENIM POLO, ZARA, P1,595; DENIM SHORTS, FOREVER 21, P1,175; SNEAKERS, ZARA, P2,490; FEDORA, TOPMAN, P945

THE SKINNY ON ACTING

Did being on a sexy soap prep you for this shoot?
Dati teen, high-school, teenyboppers *ang* roles *ko*…and now, *wala pa naman akong nagagawang* sensual *sa teleserye, pero dadating din dun*. First time *ko ring mag-shoot nang ganito,* and okay *naman–may pagka-intense*!

Did it teach you to unleash your deviant side maybe?
Well, *nagkaroon ako ng* challenge *na magpaganda ng katawan. Alanganin ako dati kasi.* Physically, *hindi ako* ready, *pero binigyan nila ako ng* time to prepare.

GETTING READY

Take your time…
Mabilis lang. Sa pag-aayos naman ng buhok–dati hindi, pero ngayon mabilis na. Mga 30 minutes *lang ang kailangan ko.*

…but mind the line between preparation and prissiness
Siguro, OA *na yung* one hour *para mag-ayos.*

Never waste a date outfit
Dati, may date *ako* and *sobrang nag-ayos ako*–then *nag-back out yung* girl *nung paalis na ako ng bahay. Sayang talaga ang* effort. *Nanghinayang naman akong mag-relax* then *mag-ayos pa ulit*, so *tinawagan ko mga* friends *ko.* It was a Friday night, *at dumiretso na lang sa gimik, tutal naka-bihis na ako.*

A can't fail outfit for noobs
Recently, *ang sinusuot ko lang* plain black or white shirts, *hindi na mga* printed or *may* design. Why is it my everyday outfit? *Siguro kasi kahit simple lang*, it's considered a "look" *pa rin*. And this look, *kahit saan bagay. Hindi namimili yung damit mo ng lugar.*

JEANS,
OXYGEN, P899

DENIM,
PENSHOPPE,
P1,199

JEANS, TOPMAN, P2,695

SUIT JACKET, TOPMAN, P7,995; SWEATSHIRT, TOPMAN, P2,245; TROUSERS, ZARA, P2,595

Praise THE Sun

REMEMBER: SHADES AREN'T THE ONLY PROTECTION YOU NEED

FHM STYLE ITEMS

BELO SUNEXPERT BODY SHIELD AND SUNEXPERT FACE COVER *P459.75/P329.75*
For those who want to avoid skin cancer without the fuss, Belo has the non-obtrusive, no frills Mr. Fundamental-of-sunscreen for you. It's instantly effective and scent-free, thus sparing us that sticky 20 minutes of basting in the shade while breathing in sunscreen fumes.

BANANA BOAT SPORT COOLZONE LOTION *P419*
Admit it: reapplying sunscreen is a drag, so the resilient protection of Banana Boat's Sport lotion is perfect for the active beach bro—we want to apply sunscreen once and forget all about it. However, its cooling sensation is a compelling reason for a midday top-up.

NIVEA PROTECT & BRONZE *P599*
Using Nivea's tanning spray isn't like spray-painting yourself brown—instead it works by boosting your body's natural tanning ability, aka melanin production, with a natural plant extract. In other words, it won't turn you into a gross orange dude.

WORDS: ASH MAHINAY
PHOTOGRAPHY: LOUIE AGUINALDO

LAGU TOWEL *P999*
You went somewhere to catch some rays, and we prefer you brought the Lagu towel because through some black magic, or maybe its all-natural construction, sand–wet or dry–just doesn't stick to it at all. It's also quick drying, which means there's no need to jostle for extra *sampay* space with your friends.

ZINKA NOSECOAT
P410, Stoked
This colored coating is great for people who have sensitive sniffers, but the rest of us with hardier noses still dig it because it totally looks like warpaint. It's also a handy flirting device with girls you meet as well.

NIVEA MOISTURIZING AFTER SUN SPRAY
P250
A day absolutely roasting under the sun can leave you feeling a bit leathery, if not glowing bright red. Spray on some of this after sun helper and literally cool off. It also moisturizes your skin, which will save you from an itchy, flaky future.

BELO SUNEXPERT TRANSPARENT MIST *P449.75*
Some guys just hate the mess of sunscreen lotion, so the invention of sprays was a godsend. It also makes it way easier to coat your back with protection, no more having to ask a friend to do it while being all "No homo, bro!"

KOJIE.SAN SUNBLOCK 69 *P360*
69SPF eh? We see what you did there Kojie.san. This sunblock is infused with shea butter, which keeps your skin baby smooth even if you max out that hefty SPF rating with a long day under the sun.

FHM **MAY GIRLFRIEND**

KOOKAI SARMIENTO

She's everything you've dreamed of, and yet she is nothing you expect

Photography:
Ejay Leung
of Midnight Bonkers
Interview:
Alex C. Paita

Styling: **Rey Santos**
Makeup: **Janina Dizon**
Hair: **Georm Imperial**
Shot on location at Maxims Hotel, Resorts World Manila;
Special thanks to Joy Andrade

QUICKFIRE ROUND

Indoors or outdoors? Outdoors!
Night or day? Night!
Xbox or PS4? PS4!
Facebook or Twitter? Twitter! I tweet when I don't have anyone to talk to, especially when I'm sad, ha ha!
Girl, boy, *bakla*, tomboy? *Bakla*!
America or Europe? America
Kokey or ET? Kokey! Because it sounds like my name, ha ha!

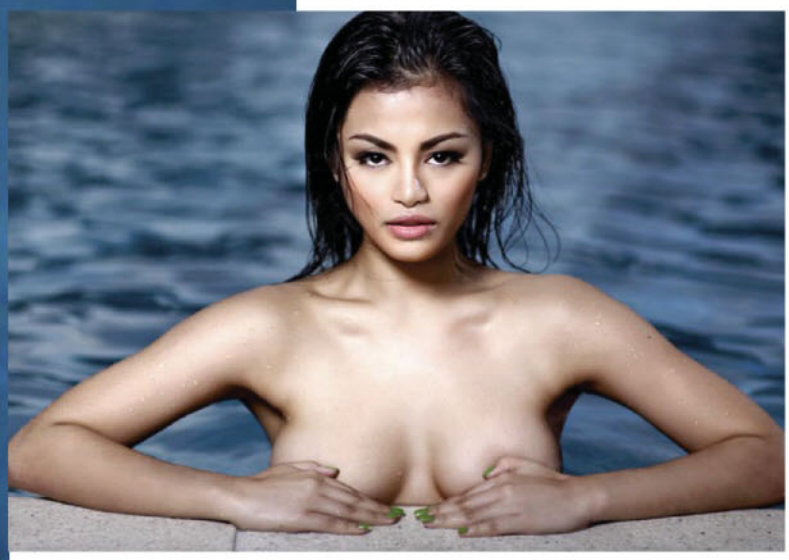
Our newly regularized editorial assistant, Pong, may be more gullible than most, having fallen victim to countless office pranks so cunningly executed by her "more seasoned" brothers here at the *FHM* HQ, but she deserves a raise. If not for her, our May Girlfriend would never have landed in the pages of this magazine, and the risqué poolside action you see here would've been replaced by some humdrum babe shoot.

"Um, yeah, Kookai and I have been friends since, like, high school?" Pong bragged in a *colegiala* accent, after successfully booking Kookai for an *FHM* shoot. Since then, we've been raiding her Facebook Friends list and constantly bugging her to introduce us to each one of her *kumares*. We're still waiting…

So we hear you've been a regular at *FHM* events for quite some time already, even before our editorial assistant introduced you to us.
Yes, for, like, two years!
But you've been modeling for how long now?
I first joined a model search in 2011. *Pero ang nag-open talaga sa akin sa pagse-sexy yung* Elite Body Philippines. And then after that, *nagkaroon ako ng* car shows *tapos tuluy-tuloy na.* My most memorable car show was Hot Import Nights. I was part of the first batch, in which I won "Most Liked" on Facebook.
How many Likes are we talking about?
I think around 3,000-plus. *Nag-effort talaga yung mga pinsan ko dun*!
Three thousand-plus cousins! What a huge family you have!
Ha ha ha! *Hindi, malaki lang kasi talaga yung* network *ng mga pinsan ko, pati* network *ng* mom *ko.* So *ginamit talaga namin lahat ng* resources *at dun ako nagwagi.* Ha ha!
You can use that to pursue a career in, say, politics, you know...
Yes, I believe so. Actually at first I really wanted to be a politician, *kasi ang* course ko talaga is foreign service, *at binalak kong mag-take up ng* Law. But after graduating college, *dun na nag-start yung* car shows *tapos nawala yung* passion *ko* for Law. I'd like to go back to studying *pero* it's going to be focused on marketing, PR, and events. *Ngayon* I'm organizing a pageant, which will be held in May.
Congratulations on finding your true calling. Do you remember the first time modeling piqued your interest?
I was the shy type *talaga.* Growing up, wholesome *ang tingin sa akin ng* relatives *ko. Nung* Grade 4 *ako*, that was the time *na nanunood na ako ng* TV, and *medyo* late at night *na, medyo pang-adult na yung napapanood ko*! Ha ha! *Nakikita ko na dun sina* Rosanna Roces, *nakikita kong gusto sila ng mga tao, na pantasya sila ng mga lalaki.* So *sa* school, a teacher asked us: What do you want to be when you grow up? Most of my classmates answered doctor, teacher. *Ako, ang sabi ko*, "I want to be a bold star!" Ha ha!
Our photographer said he was shocked at how daring you were.
Ako rin nagulat. When I'm comfy, *gagawin ko kung ano man yung sinasabi ng* photographer. *Kasi* I know they'll make sure *naman maganda yung kalalabasan. Hindi ka*

For more of Kookai, visit **FHM.com.ph**

'I JUST WANT SOMEONE *NA NAKIKINIG*, WHO CAN LAUGH WITH ME AND UNDERSTAND MY KIND OF WEIRDNESS'



Kookai's life this month

Ang aking mala-panty na white shorts, paired with my jersey from @amazingplayground. Relaaaaax!

Bash bonding! Boxing with Paolinne at the Team Insider Boxing Gym

Kahit wala akong kalaro, okay *lang. Mga* deconstructed poses *ko. Buti na lang may* self-timer. Hehe

mapapasama dito. And besides, this is *FHM*, so good *na yun*!

How can a guy make you feel comfortable?

Pag sa date *kasi ako yung madaldal*. I just want someone *na nakikinig*, who can laugh with me and understand my kind of weirdness.

Which is?

I don't know, *pero* most people *kasi* would say, "*Si* Kookai *medyo* weird *yun*." *Siguro kasi sa* facial reactions *ko*, *sa mababaw kong tawa. Tapos minsan sa sobrang tawa ko naiiyak ako tapos bigla akong humahagulgol. Ganun ako ka-weird.*

Care to give us an example of a good icebreaker?

The best one I got was, "*Ang ganda ng* deltoids *mo*." And then I became curious—*eto pala yun* [points to shoulder]. And then *nagkaroon na kami nung* guy *ng* talks about fitness, muscles, *ganyan*.

Lastly, your name is very catchy. What's the story behind it?

Yung totoo kong name is Kristine Louise. My mom was a fan of this sci-fi movie called *Cocoon*. When I was born, *sabi ng* mom *ko*, it's either I had too much hair or no hair at all—*mukha akong* alien. *Kamukha ko raw yung* main character *sa* movie. So *ang una kong* nickname *talaga* was Kookoo. *Pero* growing up, it became kind of awkward, so *ginawa nilang* Kookai. *Wala naman akong paki kung anong tawag sa akin. Nung nagkaroon na ng* Internet *sa mundo, ni-research ko siya. Isa pala siyang* French brand, *mga damit ata*. I think it's okay and catchy—so I stuck with it! **FHM**

UPGRADE

To master the kitchen, first know how not to stock spoiled food

WORDS: ANTON UMALI, MICH LAGDAMEO
ILLUSTRATIONS: JOHN LAURENCE PATULAN
STEAK AND VEGETABLES PHOTO: GETTY IMAGES
SPECIAL THANKS TO BUTCHER'S BLOCK

PERISHABLE
DO NOT DELAY

TIMING IS EVERYTHING

If you're a stickler for freshness, the best time to hit the butcher shop is at 5 a.m. to 7 a.m. "*Kadalasan kasi ang katay ng baboy sa madaling araw. Magandang mga* three to four hours *matapos itong katayin, mabili mo na para makuha mo yung pinaka*-fresh," says Ranny Fernando Alonzo, head butcher at Butcher's Block, who has been in the meat industry for 15 years.

PICKING MEAT

Proper man-handling of animal flesh is the first step to the perfect steak

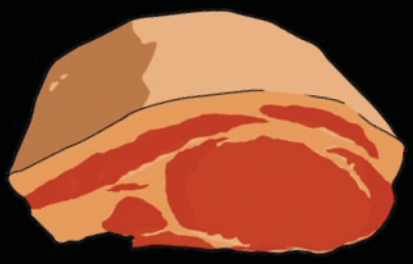
BEEF

Score if you spot: Reddish lean meat

"*Kulay ang tinitingnan pagdating sa baka. Dito mapula dapat, pero kung pulang-pula, baka kalabaw na yun! Tingnan mo rin kung* lean *siya, tama ang hiwa, at hindi baku-bako.*"

Usual cuts: Steak cuts or what Kuya Ranny calls "half-inch" cuts

Pick your part: "Sirloin *ang karaniwan sa* beef. *Ito yung sa tagiliran. Kung sa tao, sa* hips. *Malambot ito.*"



PORK

Score if you spot: Bright pink and squishy meat

"*Para malaman mong* fresh, *yung kulay ang titingnan mo*," says Ranny. Texture-wise, "*dapat pag hinawakan mo at kinurot, malambot at hindi makunat*." Color? "*Medyo* pink."

Usual cuts: Tapa, *tocino*, and *liempo* cuts

Pick your part: Kuya Ranny says the neck area is best "*kasi malambot*."

POULTRY

Score if you spot: Pink and soft-skinned, as well as size-weight proportion "*Pag ang* poultry *luma na, nagiging* green *yung balat. Kapag* dry *yung balat, ibig sabihin luma na at nilabas-pasok na sa* freezer *nang ilang beses*." Note also the chicken's heft—heavier doesn't always mean meatier. "*Pag maliit ang manok pero mabigat, ibig sabihin marami siyang tubig sa loob. Pangit yun*."

Usual cuts: Have whole chicken chopped into parts for easier handling and cooking.

Pick your part: Wings, breast, and legs are usually the most flavorful for grilling.

FISH

Score if you spot: Shiny clear fish with white eyes

"*Tingnan mo yung mata, dapat maputi ito at makintab. Pag hindi na ito makintab, bilasa na yun. Yung* scales, *kailangan* clear *at hindi madilim ang kulay*."

Usual cuts: Gutted and/or filleted based on preference.

Pick your part: "*Buong isda naman ang binibili, pinapatanggal lang ang tinik at lamang-loob*."

STORING FRUIT AND VEG

No, you can't just leave them in the sealed plastic they came in

Store in a cool, dry place. Potatoes, garlic, onions, and squash actually last longer in a cabinet than in a ref.

Refrigerate. If you want to ripen some fruit and veg faster, put them in a brown paper bag before stowing in the ref. Naturally, remove them from plastic or paper bags if you want them to last longer. Grab those washable plastic bins or colanders and lump veggies and fruits together (see below).

Show lettuce some love. If you hate limp, damp lettuce, try washing them and drying them completely, before wrapping them up in a dry kitchen paper towel and sealing in a zip-lock bag. The kitchen towel absorbs any moisture, keeping your salad crisp and green. Great, now you can be that weird guy who brings salad for *baon* every day.

Get rid of pesky pesticides first. Douse or soak apples, pears, and other sturdy veggies in a mixture of *suka* and water to disinfect them.

PROLONGING FRESH PRODUCE SHELF LIFE

***Tamad magluto=nabubulok sa* ref. How to cheat a few extra days of freshness before you have to throw them all out**

ETHYLENE

Some fruits and veggies give off high levels of ethylene (a harmless gas), and storing them too close to each other speeds up spoiling. Try segregating your refrigerator with large airtight bins or containers.

MOLD

Mold spreads easily in the cozy confines of your fridge, so keeping one literal bad apple with the rest of the bunch will soon start an epic microorganism rave party. Cast a cursory glance over your produce every time you open the ref and toss out any impending *bulok* ones before they contaminate the rest.

CHOPPING

Even breaking the stem off your apple or slicing your bananas before you eat them already starts the spoiling process, so while it may save time to chop up your ingredients beforehand, if you intend to keep them longer than a few hours, you could end up cooking with not-so-fresh produce.

PANGMATAGALAN!

A short list of long-lasting perishables

- apples
- oranges
- squash
- cabbage
- carrots
- celery
- garlic
- onion
- potatoes

DON'T TOUCH ME!

Which fruit and veg can sit happily side-by-side, and which ones are as toxic to each other as you and your last girlfriend

REFRIGERATED

- apples
- melon

NON-REFRIGERATED

- tomatoes
- avocado
- unripe banana
- pears

STORED SEPARATELY FROM THE PREVIOUS TWO

- ripe banana
- cabbage
- carrots
- cauliflower
- broccoli
- eggplant

GEAR UP, BOY SCOUT!

TRAVEL

It doesn't matter where you're headed or what you're up to this summer. These pocket essentials are surefire tools to get you ready for the fun

PHOTOGRAPHY: LOUIE AGUINALDO
WORDS: PONG CASTILLO

01 SPARK YOUR OWN
Every man's conundrum in an *inuman*: missing lighter. You can now stop being the kleptomaniac friend.
FHM Cricket lighter, custom-made by Cricket Lighters Philippines, price may vary

02 BATTERY JUICE
Don't suffer from FOMO with a dead phone battery. Gear up with a powerbank and enjoy longer hours surfing online or taking selfies.
Oltool Battery D26, P1,995, Power Mac Center

EMERGENCY OIL CONTROL!
Should be alcohol-based and sugar-free, your antiseptic mouthwash makes for a good facial astringent, too!

03 SMOOCH-READY
Those sun-burnt, chapped lips are not sexy. Score in the *pogi* department and moisturize. You'll thank us for it.
NIVEA Lip Care for men, P80.00, Watsons

04 NO-SWIPE CARD
A grown-up boy scout needs his weapons: a lemon slicer for that tequila, a pair of scissors, and a toothpick after a slab of grilled ribs.
Victorinox Swiss Card Lite, P1,299.75, Cutting Edge

OUCH-PROOF
Your 40-percent proof favorite whisky can sterilize instruments, disinfect wounds, and two ounces of tagay can reduce up to 50% of pain according to backpackers.com

05 ONE SHOT DOWN!
Sometimes you just need a shot (or two) of your favorite bourbon to give you that much-needed *lakas ng loob* for a fun summer night. *I-straight mo na, ser*!
Jack Daniel's Tennesse Whiskey Miniature, Duty Free Philippines, price may vary

OTHER ITEMS

A. Mentos spearmint
B. Gatsby hair wax
C. USB
D. P100-bill
E. Apple iPhone 5
F. Apple headset
G. Apple iPod shuffle
H. Bicycle playing cards
I. Harmonica
J. Sharpie marker

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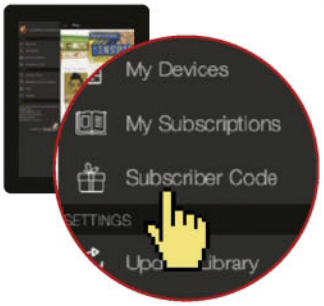

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4 REASONS YOU'RE NOT DRIVING THIS YET

MOTOR

Have at least P1.72 million in your bank account or know someone with a very kind heart? Then what are you doing there not owning the all-new Honda Accord already?

1 YOU WRITE OFF MODERN CAR TECHNOLOGY AS FANCY ADD-ONS.

In truth, smart features that are standard in Honda Accord variants, such as active cornering lights—which aid you in parking and turning in very dark places (aha!)—and multi-view (normal, wide angle, top down) reverse camera, can save your life, if not your front and rear bumpers. It also has an Emergency Stop Signal (ESS) that automatically activates the hazard lights during hard braking to alert the drivers of trailing vehicles. With the kind of roads and cramped parking spaces we have, tech-guided vision should be every car buyer's top priority.

2 YOU FEAR IT'S A GAS GUZZLER.

"*Hindi, matipid na yan*," a colleague from *Top Gear* remarked when we aired our fears of taking the new 2.4L Accord for a weekend trip to Subic. "*Matalino*

HONDA ACCORD
Engine: Inline 4-cylinder DOHC i-VTEC with Earth Dreams Technology (2.4 S); V6 SOHC i-VTEC with Earth Dreams Technology (3.5 SV)
Power: 175Ps@6,200rpm (2.4S); 281Ps@6,200rpm

na ang makina niyan." Much to our surprise, the car's gauge registered a 14.6 km/L average fuel consumption on the highway, and a 8.8 km/L average under heavy Metro Manila traffic, thanks to *the* its i-VTEC Earth Dreams engine. That's not very far from the mileage we get from less powerful 1.6- and 1.8-liter sedans.

3 YOU THINK FULL-SIZED SEDANS ARE FOR POT-BELLIED DADDIES.

Well maybe, but the new Accord is an exception. Its slim and sporty exterior screams class, with sharp linings on the side that continue from the front lights to the tail lamps, making the sheet metal design anything but dull (read: *pang-lolo*). The touchscreen audio system, iMid display, and minimalist controls inside are all in line with today's smartphone-operated way of life. Paddle shifters, push-button start, power driver's seat, and practically leather-wrapped interior—you'll never run out of stuff to please the ladies with.

4 YOU'RE NOT FAMILIAR WITH RESALE VALUES OF CARS.

If you want to keep on upgrading your vehicle with a newer model, it is advisable to dispose of your car when it hits its fifth-year mark, just when it still holds a prime resale value. And when it comes to brands with the highest resale value, it is no secret that Honda is among them.

GO AHEAD, TOUCH IT

Honda also recently launched the all-new City. Here's what we know about it so far

- The new City has touchscreen controls in all the right places: adjust the A/C with virtual buttons and customize the cabin's overall environment with its tablet-like multi-function instrument panel—the most advanced multi-media system in its class. It lets you control audio, view the reverse camera, and monitor the car's fuel consumption. It can also mirror your mobile device through an HDMI connection port.

- The ambient light meter, previously available only in higher-end models such as the Civic and the Accord, now makes its appearance in the new City. The light turns from blue to green depending on how efficient your fuel consumption is as you drive. Trippy!
- Prices start from P756,000 (City E MT) and go up to 970,000 for the top-of-the-line VX+ CVT model. Hello and goodbye, mid-year bonus!

HONDA CITY
Engine: Chain-drive SOHC i-VTEC 4 valves per CYL
Max power: 120Ps@6,600rpm
Max torque: 14.8Nm@4,800rpm

WORDS: ALEX C. PAITA

PACK THE ROAD

You already know what's going in your beach bag, now let's take a look at your more tech-related personal effects

CHERRY MOBILE G1 SMART
Not a watch hitched to a smartphone, but a smartwatch that allows you 1.44 inches of LCD-viewable wrist control experience over text messages, calls, radio, 8GB worth of music, photos, and videos. Assuming you'll want to pop in either or both your nano sim in–and play Pinoy James Bond for cheap. Handy for trips.
Score for: P1,699, Cherry Mobile

HOT METAL

Logitech Ultrathin Keyboard for iPad mini
So your travel tablet's screen won't take a beating from typing those emails. But conveniently, this 8mm slab of keys also doubles as a cover, fastening on your mini via magnetic clips, and stretching your tablet's battery life by automatically waking up and putting the screen to sleep at an open and shut of its aluminum flap.
Score for: P4,450, Beyond the Box

Gionee Elife E7 Mini
A phone upgrade with a novelty feature that's best road-tested on your next trip. Its single 360-degree rotating 13MP camera that shoots in HDR mode should be fun to play around with. And even if that novelty wears off, the 2100 mAh battery life and fast 1.7gHz Octa-core processor should leave room for plenty of smooth and not at all short-lived smartphone activities.
Score for: TBA, SM Cyberzone

WORDS: KHYNE PALUMAR

URBANEARS PLATTAN HUMLAN JULEP
Reliable, collapsible, and off the headphone brand's recent Summer collection. This icy green/blue on-ear headphone's clean look should match its especially *anti-tunog lata* sound as good as it should your outfit. If things get too grubby, you can pull out the ear cushions and removable headband and give it a good wash. Comes in more than five brightl summer colors. *Score for: P2,950, Beyond the Box*

Universal travel adaptor
Operates on round, flat-pinned, and three-pronged power outlets. But if you aren't in Europe or elsewhere outside Pasay, this travel adapter can just as well be an extra socket for another gadget to charge in one place, with four pluggable options around it.
Score for: P995, Quirks

Pacman speaker
Fun to look at and bring along to any trip—and probably too yellow to misplace. Just plug everyone's favorite Namco Bandai Games-character's 3.5mm audio cable to any device with a headphone socket and this 2-watt speaker that runs on three AAA-batteries should be good to go.
Score for: P1,195, Quirks

HAPPY ENDING!

HEALTH

Serotonin not just regulates your mood, it can actually help you perform better in the bedroom. How? Let *FHM* guide you through the fast facts

SEROTONIN

What is it?

Serotonin is one of the many hormones your body releases that regulates your emotions—in this case, your happiness (or lack of it). It is found in the pineal gland of the brain, in the digestive tract, and even in the central nervous system. According to Dr. Stephen Nazareth, FPUA, neurologist at the Makati Medical Center, it is "often referred to as the 'happiness hormone,' and affects your body in more ways you're not even aware of, like your performance in the bedroom. It can make you last longer in the sack."

How does it affect me sexually?

"Premature ejaculation (PE) is one of the most prevalent sexual conditions among men, which can sometimes be caused by low levels of serotonin in the part of the brain that controls ejaculation," says Dr. Nazareth. This means you have no control (or your hormones can't regulate) the time it takes for you to ejaculate. The answer: "increase your levels of serotonin to delay ejaculation."

YOU'RE HAPPY, SHE'S HAPPY

What's really alarming, says Dr. Nazareth, is that PE causes marital problems due to dissatisfaction. "It's more the woman's problem because she is almost always left unsatisfied," he explains. "Yes, her partner comes, but she doesn't even reach orgasm yet when that happens. So it's best to consult your doctor on how you can solve it."

HAPPINESS BOOSTER: Increase your serotonin level the natural way

1. Bask in the sun. Sunbathing lets your skin absorb vitamin D, which helps produce more serotonin in your body.

2. Work it. Exercising increases serotonin production and release. However, your mood while exercising might defeat the purpose of increasing serotonin levels. Key: like what you're doing.

3. Think happy thoughts. Really, it's as simple as that. In relation to exercising, it is important to train your mind to think about positive things to increase serotonin production in your brain. This should work. Try it.

YOUR SEX LIFE IN NUMBERS*

8 out of 10 women express their desire to increase their partner's current time to ejaculate

70% of women and **75% of men** in the Philippines say that being able to control when to ejaculate gives mutual satisfaction

82% of women and **83% of men** in the Philippines agree that mutual sexual satisfaction plays an important role in a successful relationship

*adopted from 2013 Asia Pacific Behaviors and Satisfaction Survey, May 2013

MANOY HANDLING: From how your lolo did it, to how the millennials do it—choose your option to delaying ejaculation

Squeeze technique

"You or your partner can squeeze your penis when you feel like you're about to come," says Dr. Nazareth. This delays jizzing by relaxing your penis. But too much squeezing sometimes leads to a lanky *manoy*.

Masturbation

According to Dr. Nazareth, some people are relieved by masturbating prior to having sex with their partners. This causes the man to release tension and too much excitement. But the downside is it may drain your energy.

Local anesthetic

While putting local anesthesia on your penis gives a relaxing numbing effect, it may also cause numbness to the vagina upon penetration. You'll end up feeling nothing.

Medication

"It's best to ask your doctor to get prescribed with the right medication to increase your serotonin levels," advises Dr. Nazareth.

WORDS: PONG CASTILLO

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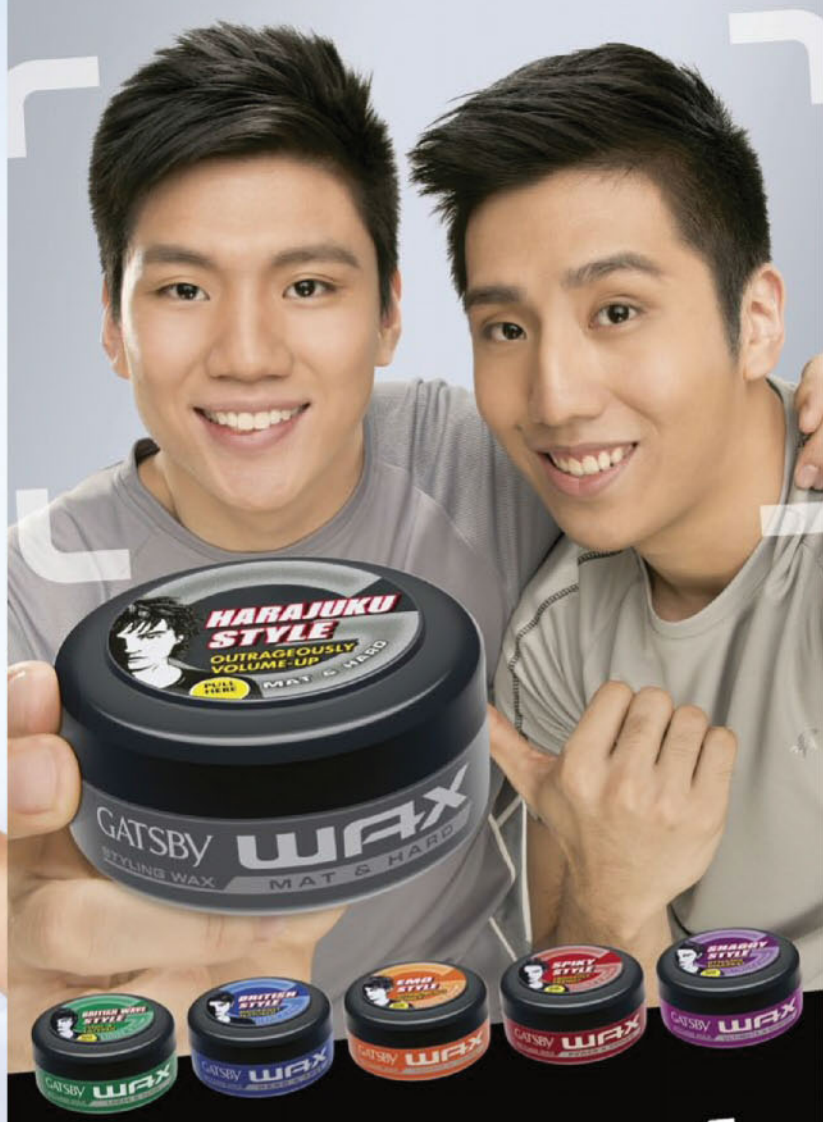

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DON'T GET HACKED!

GEEK

Your guide to surviving the Internet in 2014

Here's the problem: to keep secure, most of us are operating on rules we learned in the '90s (us born in the '90s anyway)—when we downloaded as many viruses from Napster as we did music. Many of these rules are outdated and oblivious to security concerns like the cloud, or social media, because those things didn't exist back then. Let's begin your online security re-education, starting now...

Do you need virus protection for your smartphone?
No. Apps are approved before they land in the store, so they are virus-free. Currently, any malware that is out there is not a big enough threat for you to worry about.

VIRUSES

OLD RULE:
Always use virus protection software. Unless you're using a Mac.
Antivirus software is a must for any Windows PC. Macs, though not immune to viruses, don't get them often.

NEW RULE:
Skip virus protection software. Just update often. And backup.
Early this year, Apple patched a major security vulnerability in Mac OS X, which proves that Apple's security isn't the fortress that everyone who grew up in the '90s believes it is. The consensus, however, is that you're still safe as long as you update regularly.

In Windows PCs meanwhile, Microsoft now recommends that you use Windows Defender (built into Windows 8) to protect your PC instead of using third party antivirus software. This idea sounds worse than Anne Curtis singing "Let It Go," but by most reports, it works so far. As it goes with Macs, just remember to update as often as you can.

But don't stop there. Update your browser. Update your browser extensions. Update your apps. Delete your cookies. Back up often.

ONLINE SHARING AND/OR THE CLOUD

OLD RULE:
Don't trust downloads, file attachments.
The drill is simple: Don't click on files that end in .exe, unless you know what it is. Pics, music and video files can't contain viruses, so they're safe. But think twice before you install anything that you downloaded from a questionable source. (Your computer will tell you if you got it from a questionable source.)

NEW RULE:
Don't trust end-user agreements, the cloud.
All precautions mentioned above are still good advice. And also: don't just click "Agree" on those end-user agreements. Find out what you're getting into first. Facebook's current end-user agreement has raised red flags on privacy. Some chose to opt out, but we're willing to bet many of your FB friends simply have no idea. And as more services become cloud-based, pause before you upload anything.

Not always safe upstairs!
Some cloud services, like Dropbox, encrypt your data—but not every cloud service does it. And if it's online, you can assume that hackers (and crackers) can get to your stuff.

WORDS: VINCE SALES; ILLUSTRATIONS: JOHN LAURENCE PATULAN

THE MOST SECURE PASSWORD IN THE WORLD

Without getting into cryptography, math, and other nonsense, the idea is to create one that is as random as possible. Easier said than done.

Your Password: 1234
Pfft. Aside from being one of the most common passwords in the world, this password fails the test because it is too short. The quickest way to make your password more secure is to make it longer.

Your Password: password
Nice try. Security nuts say your password should be at least 11 characters long.

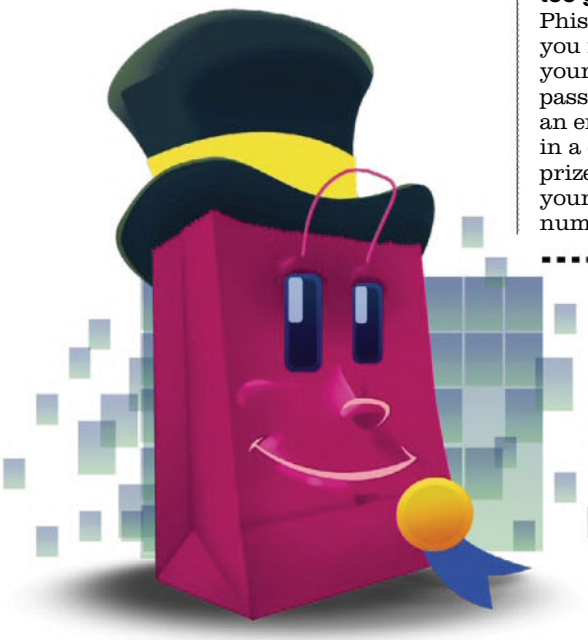
Your Password: longpassword
Better, but still far from secure. Words from the English language are the first things crackers will try after your name, birthdate, anniversary, and names of your children, wife and/or girlfriend. Avoid using them.

E-COMMERCE

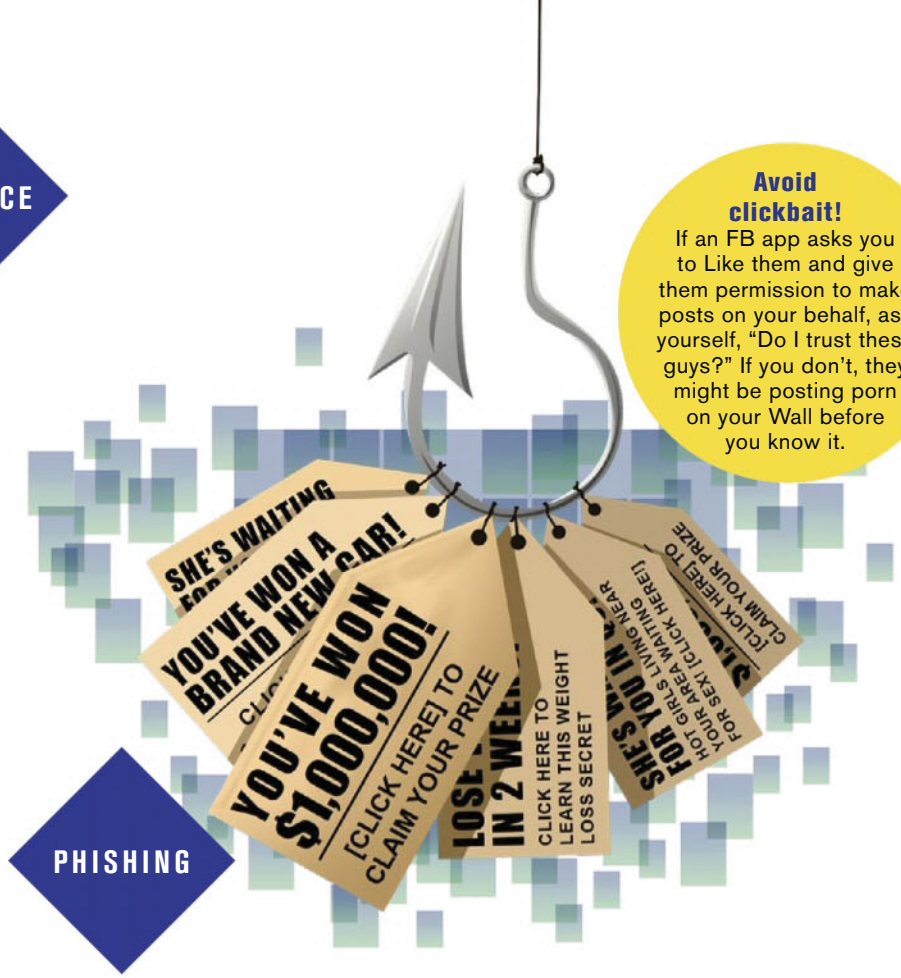
OLD RULE:
Don't trust e-commerce.
Buying things online in the early days was hit and miss, so it became a good idea to distrust e-commerce.

NEW RULE:
Shopping online is (mostly) safe!
Just as with a physical store, transactions rely on trust. It sounds obvious, but buy from sellers you can trust. There's Amazon of course, and other major online retailers. On many other sites, like eBay and Sulit.com.ph, a reputation system feature is in place to help users figure out who you can trust and who you can't.

If using credit cards online is a concern, many banks have services that reduce your risk. For example, BDO has a "virtual card" with a separate (smaller) credit limit and a different credit card number. AMEX (in partnership with Globe) likewise has a virtual card that uses your GCash account as a debit account, making it impossible to lose more money than is in your GCash. Of course, you can always make the trade using meet-ups. Online retailers like Zalora and Lazada let you buy then pay with cash on delivery.



PHISHING



Avoid clickbait!
If an FB app asks you to Like them and give them permission to make posts on your behalf, ask yourself, "Do I trust these guys?" If you don't, they might be posting porn on your Wall before you know it.

OLD RULE:
Be careful what you click on. If it sounds too good to be true, it probably is.
Phishing is a kind of hack that tricks you into giving up information like your credit card number or your password. Here's a classic example: an email informs you that you've won in a contest. To claim your $1 million prize, all you have to do is reply with your bank details and valid credit card number and—boom!—they rob you blind. Did you really think you had won a raffle that you never even joined?

NEW RULE:
Click only on trusted sources. Never give private information over a non-secure connection.
Phishing scams are very much alive today. They've also made their way onto mobile phones and social media—but they're still pretty much old school. Messages like "Ito p0h bagong number ko. d2 na kayo magpadala ng pera," are best deleted, just like fake messages from your bank. Financial institutions will never ask you to do anything over SMS or email; only make transactions on their website or through their phone banking. Finally, your email can be a security risk because a lot of sensitive information is stored there, like your credit card number and passwords. Use 2-step verification for your email when possible.

Is the site secure?
Look for the little green padlock icon in your browser. That means it's safe to input data like your credit card number, which will be sent as encrypted data.

Your Password:
kulangotmonggreen
Good enough. But you're not there yet. Throw in a mix of capitalized letters to make it tricky.

Your Password:
kUlAngOtmOngGrEEn
Getting there. Complicate your password further by adding random punctuation and numbers.

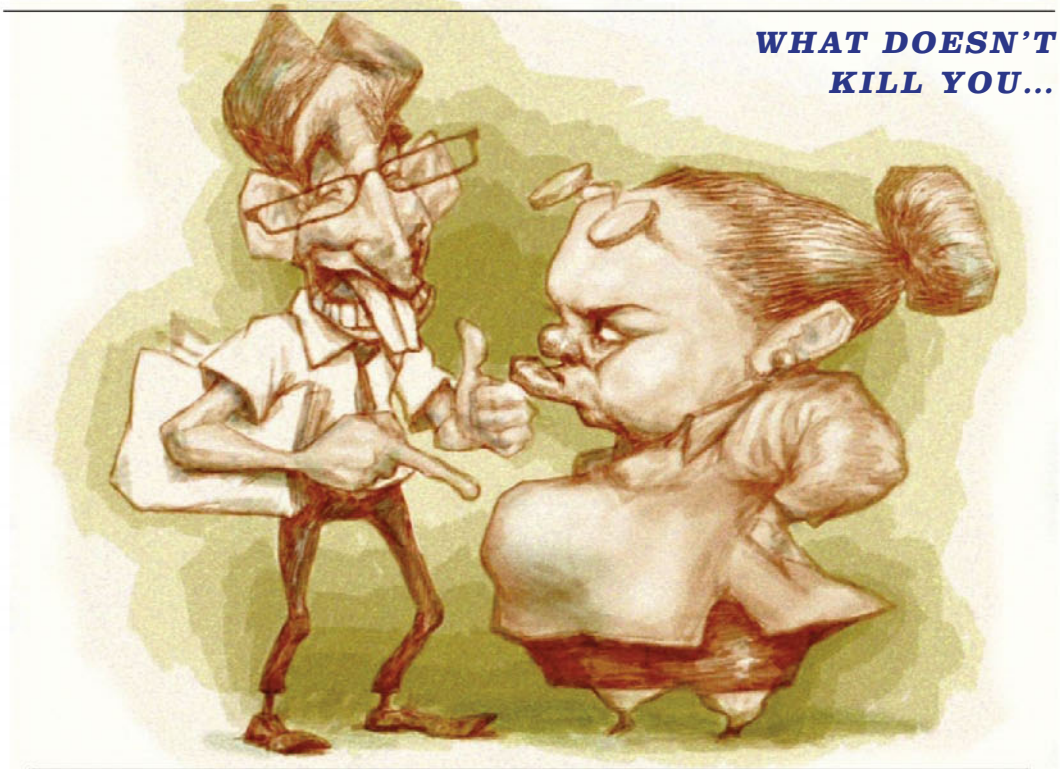
Avoid passwords that have meaning or some kind of pattern. They are cracked easily.

Your Password:
kU1AngOt$mOn9_#GrEEn @bRoWn
Now that looks more like a password. If you're really serious about this, there should be no full words in there too.

Your Password:
kU1AngOt$mOn9_#Gr33n @bR0\\/n
Congratulations! You are now in possession of a secure password. Use it for only one account. Never write it down or let your computer remember it. It should only live in your head.

TRUE STORIES

WHAT DOESN'T KILL YOU...



TOO FULL OF HERSELF

It was my first week on my first job, and like any other newbie, I had a hard time remembering names and faces of my officemates. I also knew very little of them. When my boss introduced me to our librarian who was short and plump, I politely said hi, shook her hand, and casually pointed out her tummy and trying to be polite and friendly, said, "Wow! Big bun! *Ilang* months *na po*?" When a hush of silence fell, I apologized immediately for my comment. Apparently she was just *malusog*.
Louise Diaz, by email

TRUE Babe STORY

NICOLE ALEXANDRIA

I attended an event this one time, where I wore a long skirt. It was drizzling when I arrived at the venue, so I hurriedly walked to the building. Just when I was about to take a step up the entrance, I saw a guy who really looked a lot like Daniel Matsunaga. Being a fan girl, who had a crush on him, I tried hard to look over and see if it was really Daniel Matsunaga. Everything happened fast. The next thing I knew, I was on my knees on the staircase. Apparently, I stepped on my long skirt. I quickly got up and pretended nothing happened. *Nakakahiya, mag-isa pa naman ako*! Ha ha!

BLIND DATE SUSPENSE GONE WRONG

Last Valentine's Day, I decided to try my luck in blind dating. I joined an online forum where I met a girl who was also interested in a meet-up. We chatted online for a few days, gave each other our own honest opinions of how we looked like, and planned to go on a blind date. We decided to meet at a coffee shop near my office, and I told her to tell me what she was wearing so I know who to approach. When I went in the coffee shop, I sat beside a girl who I thought I was chatting with. I said, "Finally, *nagkita na tayo*!" She told me she was wearing a violet headband and white top, but the girl I was talking to just shot me a weird glance. Apparently, my *ka-blind* date was seated at another table. It was a coincidence that the girl I approached wore the same headband and top as hers. It was embarrassing!
Benmark de Jesus, by email

BUS CREEP

I regularly take a public bus to work every day, and I recently had my most embarrassing and most hair-raising encounter yet. And no, it did not involve any robbers or perverts. I was seated near the window one morning, when the sun directly shone to my face, leaving me blind and under prickly heat. I decided to close the bus curtain so I would be more comfortable, but the unexpected happened. When I leaned on the window with closed curtains, I felt something drop on my head. I casually touched my hair to see what it was, when I felt something move. It was a small cockroach! Apparently, the bus curtain hid a lump of infesting cockroaches. I jumped from my seat, screamed in panic, and accidentally elbowed my bus mate's forehead. It was instant chaos in the bus, and some even laughed at my panic attack.
Anna_Rocks09, by email

MILKY MIX-UP

Our house helper cooks all our food at home. So when I personally requested for *ginataang sitaw at kalabasa* she immediately went to the wet market to buy ingredients. Upon arriving home, our helper put everything aside in the refrigerator first because she had to finish the laundry. She cooked, set the table, and offered us a plate of creamy veggies. When I took my first bite, I could tell something didn't taste quite good. The taste was bland and a tad bit sour. When my sister went to the ref to pull out her bag of breast milk for my *pamangkin*, we realized what secret "milk" our helper put in the dish instead!
Alexiscruz, by email

ILLUSTRATION: GILBERT DAROY; NICOLE ALEXANDRIA'S PHOTO: EJAY LEUNG OF MIDNIGHT BONKERS

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